

## ROCHFORD MARTIAL ARTS ACTVITY SHEET

What is the most important thing you have learned in Kung Fu?

Colour me in!



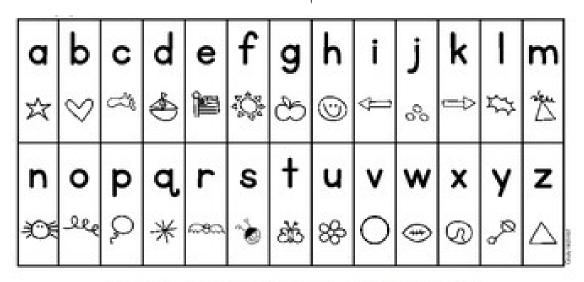
## Kung Fu Word Search

K X N Y S K D O K N Q I B L E
X M R J S C T C A I H S P F K
B M B E P U C S D B C U N G O
H G A K V S D H W I R K S S S
W B W R W S P I R I T T Y N E
H S M L O O U Z T R A R G M T
P U N C H R V D C N Z C B A H
Q F E N C C M L C P F E L O B E
K I B L O C K E U W D J O B E
K S F S Q N P I D X H K E A V
K S F S Q N P I D X H K E A V
K P Q C B U K S A A T M X V Y
K Y T O Q C O A F M H A I A Y
W R W F Q K F N Z N F Y T P F
R J U M P C V J A B U T T E U

KICK
BLOCK
STANCE
BOW
PUNCH
JUMP
DUCK
MEDITATE
SIFU
FOCUS
SPIRIT
SHIELD
JAB
CROSS
HOOK

## **KUNG FU SECRET CODES**

Using the secret code chart below can you write all the Kung Fu moves in our super secret codes?



Example: I they = ≥ © ≥ 2 did = ♦ ← ♦

Front Kick =

Axe Kick =

Back Fist =

Hook Punch =

Warrior Stance =

