



ROCHFORD MARTIAL ARTS ACTIVITY 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 O
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 O
Q M E U P D S H Q I X X P Z 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?

a	b	c	d	e	f	g	h	i	j	k	l	m
☆	♥	☞	🍵	🇺🇸	☀	🍏	😊	↩	☪	➡	⚙	🏠
n	o	p	q	r	s	t	u	v	w	x	y	z
☺	👤	🗨	✱	🐛	🐞	🐜	🌸	◯	👄	🌀	🔑	△

Example: 1 they = ☀ ☺ 🇺🇸 ☞ 2 dd = ☞ ↩ ☞

Front Kick =

Axe Kick =

Back Fist =

Hook Punch =

Warrior Stance =

Colour me in!

