

## ROCHFORD MARTIAL ARTS ACTVITY SHEET

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



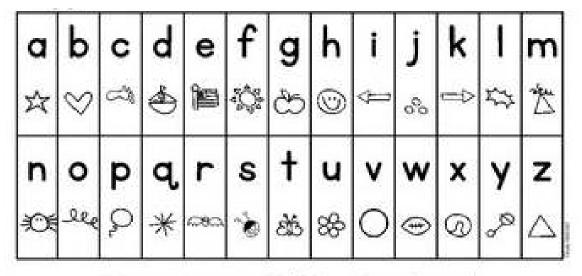
## Kung Fu Word Search

K YSKDOKNQI BLE X N SCTCA HSPFK X MR J 1 В MBEPUCSD BCUNG 0 H GA K SDHWI RKS 5 5 V WBWRWSPI RI т т YNE RARGMT н 5 ML OOUZT NCHRVDCNZCBAH P u FENCCMLCPFELO 0 Q K BLOCKEU WDJOBE 1 K SFSQNPI D XHKEAO Q MEUP DS н QI XXPZV QCB P UKSA ATMX K Y OQCOAF ĸ Y Т Μ H A 1 A Y RWF QKFNZ N P F Y Т RJU MPCVJABUTTEU

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 =

