MARTIAL ARTS

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Many people like martial arts which are popular in China.

A lot of people learn martial arts for their own defense.

The most popular of them are:



JUDO

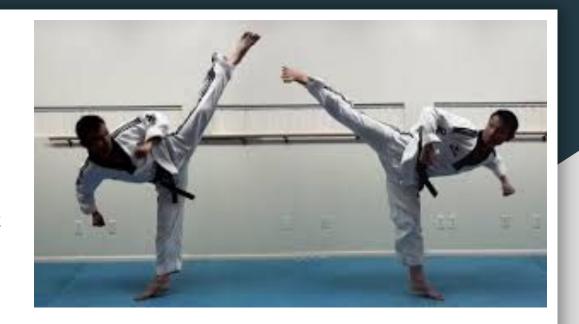
Many children practice in China for fitness.

The movements are fast in judo, but you still need to think and keep your balance.



TAE KWON DO

In Tae Kwon Do you have to think all the time and make quick movements.



T'AI CHI

T'Ai Chi is performed in the town square.

T'ai chi movements are slow so you need to keep your balance.



KARATE

Karate practice many people. Some people practice karate for self defense and some for fun.



THE REST ARE

- -boxing
- -kick boxing
- -sumo
- -wrestling
- -ju-jitsu



AUTHORS

Konrad Cieślik Bartek Kołdon

Dziękujemy za uwagę