



# 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



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Dziękujemy za  
uwagę