



Martial arts

Where do martial arts come from

Martial arts come from Asia but a lot of people like martial arts ,especially in China .Usually, adult people practice martial arts.Martial Art are called differently t'ai chi.





Where it usually trains t'ai chi?

Typically, t'ai chi is trains in: parks and streets.





What is t'ai chi. Slow or fast?

T'ai chi movements are slow so you need to keep your balance. T'ai chi helps you think and relax, so it is good for brain and your body.



What is judo like?

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



Why children practice Judo?

To be strong, to be fit and to be healthy and to have a lot of exercise.

What's the best belt?

The best belt and the hardest to get is the black belt, so children go to judo to get it.

