



Class 2nd to 5th Term-1 Karate Newsletter _2019

Karate is a Japanese word meaning "empty hands" which indicates that Karate is a kind of martial art that does not require weapons other than the parts of the body.



In the Month of June and July class 2nd to 5th has learned the Basics – Endurance, Stances – Normal and Horse, Punches, Elbows and chops.



In the Month of August and September class 2nd to 5th has learned the blocks – X face, down and lower , Forward stance, Thrust Kick .

