

Class 6th to 10th 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 6th to 10th has learned the Basics – Endurance. Stances, Punches .Elbows, Chops, Blocks,Kick.



In the Month of August and September class 6th to 10th has learned Kata-Tai Kyo Ku Shodan



KATA