

**KARATE. TAEKWONDO.**  
**для 11 класса**  
**по УМК Тимофеева В.Г.**

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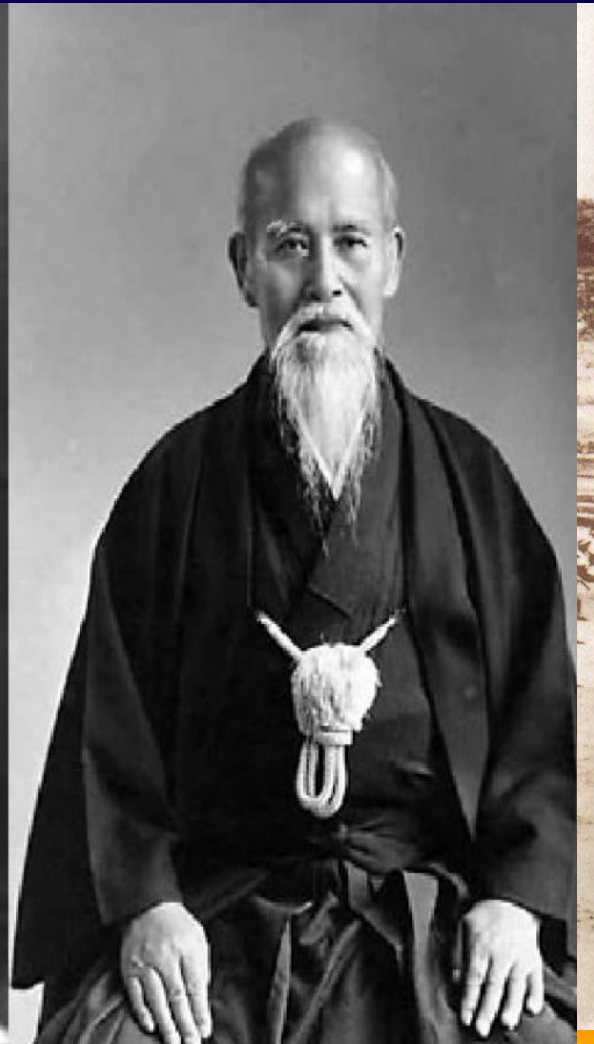
# KARATE



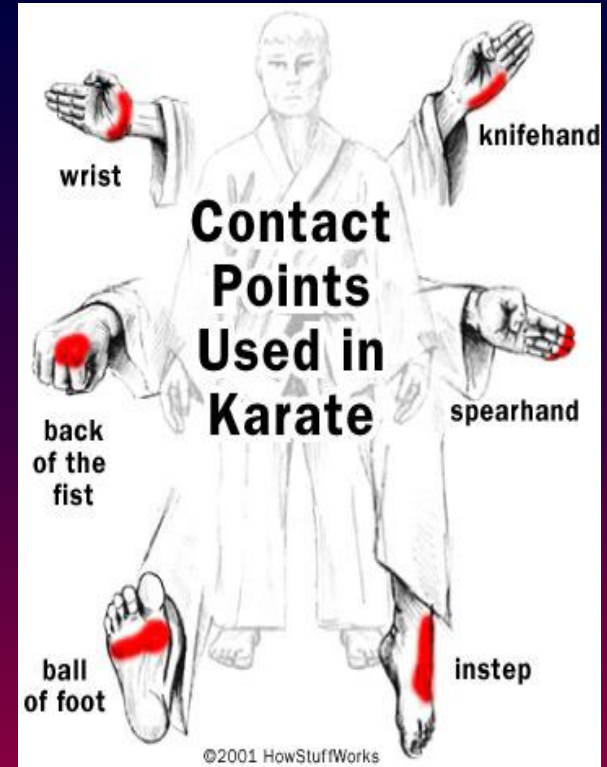
Karate comes from Japanese words “kara” and “te” meaning “open hand” . This martial art developed in the Ryukyu Islands in what is now Okinawa, Japan.

# HISTORY

The origins of karate can be traced back thousands of years. Because weapons were banned in Okinawa, they developed karate as a way to defend themselves without using weapons.



Karate is a striking art using punching, kicking, knee strikes, elbow strikes and open hand techniques such as knife-hands, spear-hands, and palm-heel strikes.



Karatekas wear an outfit called “gi”- a white pair of loose-fitting pants and a jacket tied tightly with a belt.



The colour of karatekas belt indicates their level of skill called “dan”. There are white, blue, yellow, green, brown and black belts.



**DOJO** is the name of the place where martial arts are taught or practised.



It's a martial art that can help you strengthen yourself physically, mentally and spiritually.





Martial arts are popular in Hollywood films. The latest film about karate is “The Karate Kid” with Jackie Chan.



In Korean, tae means "to strike or break with foot"; kwon means "to strike or break with fist"; and do means "way", "method", or "path". Thus, taekwondo may be loosely translated as "the way of the hand and the foot."



**Tae kwon do has been around for over 2000 years. This martial art discipline is believed to have been founded in Korea by Hwarang warriors who defended from the invading armies of Japan.**

태

Tae

권

Kwon

도

Do

**Taekwondo as a martial art is popular with people of both genders and of many ages. Physically, taekwondo develops strength, speed, balance, flexibility, and stamina. There is a special protective gear at sparring match.**



**Taekwondo is known for its emphasis on kicking techniques, which distinguishes it from martial arts such as karate or southern styles of kung fu. The rationale is that the leg is the longest and strongest weapon a martial artist has, and kicks thus have the greatest potential to execute powerful strikes without successful retaliation.**



**Taekwondo, along with many other martial arts, is traditionally performed in bare feet, though there are specialist training shoes that can sometimes be worn.**



**TKD**





# Источники

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