

Jujitsu is called a martial art.

A martial art is a system of combat and self-defense.

Jujitsu is "a Japanese system of unarmed fighting devised by the samurai, or the martial art based on it.

Judo, aikido, and karate are all developments of jujitsu."

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Activities:

- Locate Japan on a map.
- Can you name any other marital arts?
- Demonstrate one or more of the following:

Blocks, rolls, punches, kicks, hits, grabs, holds, falls, and your kata.

Jujitsu



Name: _____

Date: _____

1. Talk about it.

- o Read the sidebar and discuss it, especially the underline words.

2. Trace:

Jujitsu blocks rolls

punch kick hit falls

holds grabs

3. Copy two times:

Jujitsu

blocks

rolls

punch

kick

hit

Draw a ghee (uniform).