Karate

A Reading A–Z Level I Leveled Book
Word Count: 264

Connections

Writing and Art

What do you think is the most important thing people learn from practicing karate? Draw a picture and write about it.

Social Studies

How is karate the same as dancing? How is it different? Make a Venn diagram with a partner to show your ideas.

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Karate

MULTI LEVEL I•L•O

Written by
Michael T. Foley

www.readinga-z.com

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Focus Question

What is karate, and what does it teach people who practice it?

Words to Know

belt	flow
defend	karate
habits	patient

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Correlation

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Karate is Japanese for "empty hand." There are no weapons in karate.

What Is Karate?

People only use their hands and feet to practice moves in **karate**.

Men practice karate in 1938 on the island where it may have begun.

Karate began long ago
on an island in Asia.
Now, people do karate
all over the world!

A special teacher helps students learn everything there is to know about karate.

The Gym

Karate students practice
in a special gym.
They wear a robe and a **belt**.
They learn to listen to their teacher.

Students earn new belts after practicing good habits in the gym and at home.

Belts

Karate belts come in many colors. Students get new belts as they get better at karate.

Karate students are told to work on their mind, body, and spirit.

The teacher gives new belts to students when they practice hard. They must have good **habits** and follow the rules.

Students start with a white belt. Next they earn yellow, then orange. They move through each color until they get the black belt.

Students earn new belts
in a certain order.
The different colors of the belts
stand for the colors of the Sun,
plants, and sky.
Like a plant, a student grows
over time.

Students practice kicks, punches, and blocks over and over until they are perfect.

Learning Karate

Students learn karate in three
main steps.
First, they learn to breathe, move,
and stand a certain way.
They also learn to be very **patient**.

Shouting forces students to breathe out.

Students are told to breathe out from their bellies.
They also learn to let out a big shout as they do a move.
When students shout, their moves are stronger.

There are many different karate routines to learn.

Next, students practice moves in a certain order.
They learn how to **defend** themselves.
They also learn how to **flow** from one move to the next.

We're Just Dancing!

Doing karate moves in a certain order looks a lot like dancing. For this reason, the people who came up with karate were able to learn it without anyone knowing. They said they were just doing some harmless dancing!

Karate students must learn to have good focus.

In this step, students also learn why the moves are useful. They think about each move before they do it.

Students pretend they are in a real fight. This is the last step on the path to the black belt.

Finally, students practice the moves on one another. They work very hard to get to this last step.

Kids and adults around the world have fun learning karate.

Conclusion

People learn many good
habits through karate.
They work for a long time
to get stronger and faster.
Best of all, karate is a lot of fun!

Glossary

belt *(n.)* a strip of cloth or leather worn around the waist as a sign of achievement or rank (p. 6)

defend *(v.)* to keep oneself safe from harm or attack (p. 12)

habits *(n.)* regular behaviors, especially ones that are hard to change (p. 8)

flow *(v.)* to move in a smooth and continuous way (p. 12)

karate *(n.)* a method of self-defense in which people use their hands and feet instead of weapons (p. 4)

patient *(adj.)* able to wait or deal with problems without getting upset (p. 10)