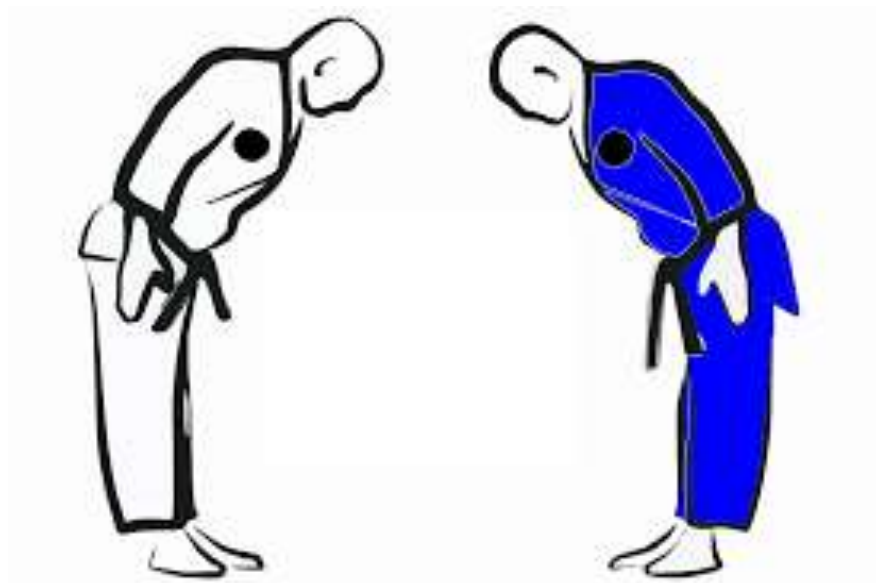


KARATE



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I am going to write about karate.

We are dressed in kimonos with belts. Starters wear white belts, then yellow, orange, green, blue and black belts follow. On karate we have »stave« and combinations. »Stave« are eleven and combinations seven. There are different possibilities fall – fall on back, fall forward and fall on the side. Karate has got a lot of hits, for example - cuki, mavashi, majngeri, jokogeri, kozadachi, uramavashi,... There are some types of »kat«, that are - hevasandan, hevaninidan, hevasandan,... This was a demonstration of karate.

I started training karate eight years ago.

Aljaž Lampret, 6.b