


# Martial Arts-Its Relevance in Our Lives

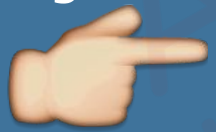
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Module 3


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# SUMMARY

Here's What We Will Be Learning in this Presentation:



- What do Martial Arts Comprise of?
- History of Martial Arts?
- How Martial Arts Help in Areas of Self-Confidence, Self-Defence, Self-Discipline, Fitness, Co-ordination and Building Friendship.
- Exercise.


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# Vocabulary

**Coordination**: The ability to use different parts of the body together smoothly and efficiently.

**Prominent**: Important; Famous.

**Evolution**: The gradual development of something.

**Myth**: A traditional story, especially one concerning the early history of a people or explaining a natural or social phenomenon, and typically involving supernatural beings or events.

**Exterminate**: Destroy completely.