

Martial Arts-Its Relevance in Our Lives

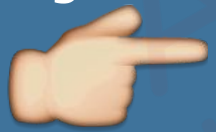
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Module 3

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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.