



Martial Arts-Its Relevance in Our Lives

B2-C1

Module 3

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.

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.