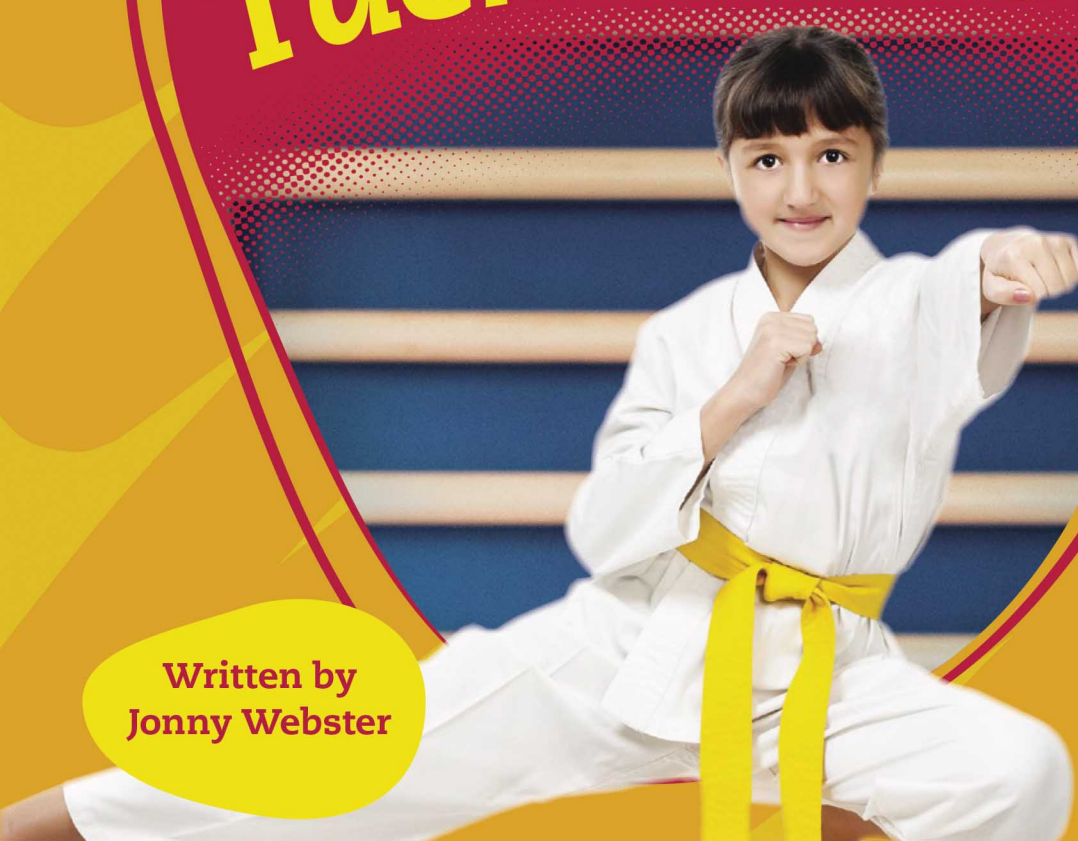
TALK ABOUT TEXTS

Judo or Taekwondo?



Written by
Jonny Webster

Judo or Taekwondo?



For Review Only

Written by Jonny Webster

macmillan education

Contents

What Are Judo and Taekwondo? 3
History 4
The Basics 6
The Matches 8
Training 10
Judo or Taekwondo? 14
Glossary 15

For Review Only

What Are Judo and Taekwondo?

Judo and taekwondo (*tye-kwon-doh*) are **martial arts** from Asia.
Martial arts are fighting sports.
Many people around the world practise these sports.
How are they different?
How are they the same?





Many children enjoy learning judo or taekwondo.

For Review Only

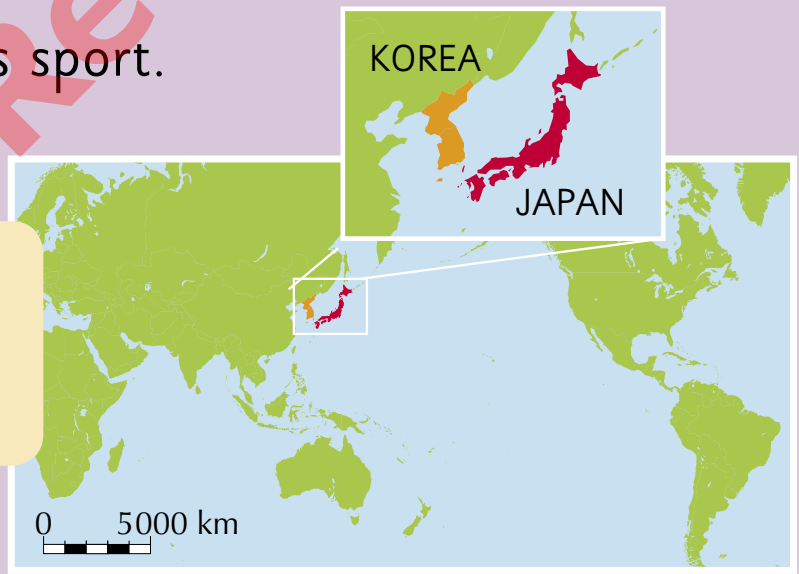
History

柔道

Judo

Judo comes from Japan.
The word ‘judo’ means ‘gentle way’.

Dr Jigoro Kano invented judo in 1882.
He studied traditional martial arts
to create judo.
Then he opened a school
to teach this sport.



Martial arts have been practised for many years in Korea and Japan.

For Review Only



A taekwondo player can hit an opponent with their hand or foot.

태권도

Taekwondo

The word ‘taekwondo’ means ‘the way of the foot and hand’. Early taekwondo was used in Korea more than 2300 years ago.

Modern taekwondo started in 1955. Modern taekwondo combined many Korean martial arts. It became a new form of martial arts.

For Review Only