

Colouring pictures



Rob Sensei



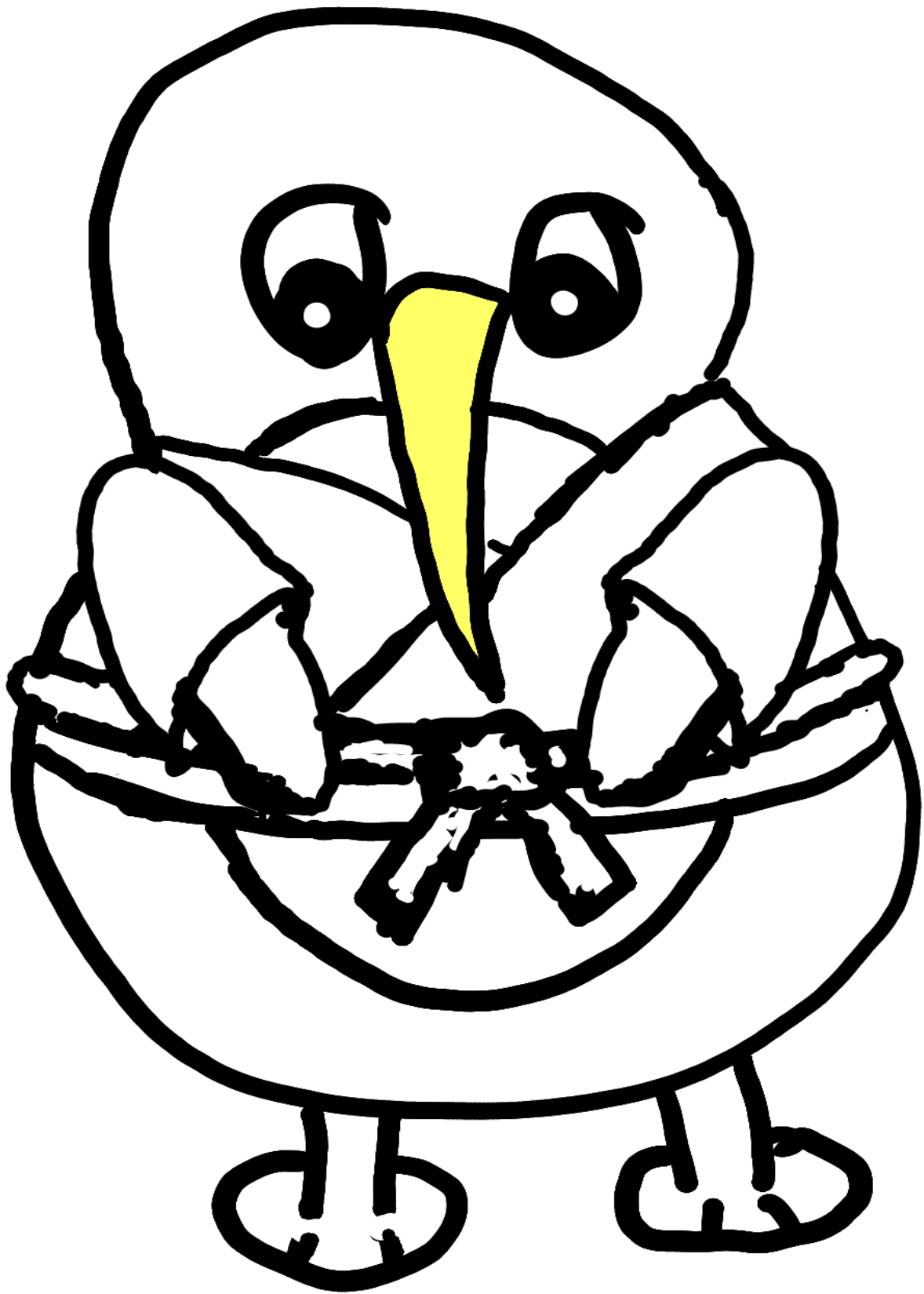
Phil Sensei (palm-heel strike)



Little Blue (palm-heel strike)



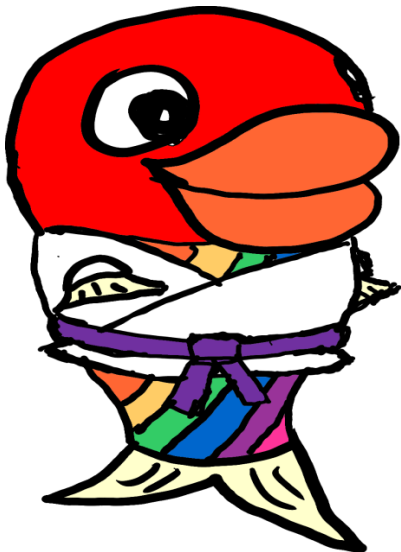
Rainbro



Kiwibro

Rainbro's Word Search

Can you help Rainbro find all the self-defence words?



- ★ BE AWARE
- ★ BE CONFIDENT
- ★ BREAK GRIP
- ★ DANGER
- ★ GRAB
- ★ KARATE
- ★ PALM HEEL
- ★ PROTECT
- ★ RAINBRO
- ★ RUN AWAY
- ★ SELF DEFENCE
- ★ SENSEI
- ★ STAY CALM
- ★ STRANGER
- ★ THUMB
- ★ TROUBLE