

How many words can you find?

u j l b f i j i o n e k n  
g s m u s c l e s u i j c  
i r n s h g b d h c n u p  
s p a r r i n g k o n k k  
t b d d s e b i j n i c e  
a s o c i r h o n f n o j  
n i j r h n d c e i j l u  
c u f f p u g a a d a b j  
e c n e f e d f l e s r i  
s e n s e i k a k n t g t  
s k b m d a c e n c a e s  
a d i j t c e p s e r e u  
u u b a t e f o c u s a i

punch  
chudan  
kick  
sensei  
rei  
dojo  
bo  
selfdefence  
kia  
jujitsu  
kata  
focus  
training  
confidence  
fun  
respect  
friends  
teachers  
block  
sparring  
gi  
obi  
stances  
muscles  
grading  
ninjastars  
jodan

