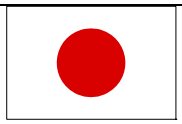
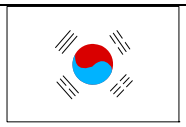
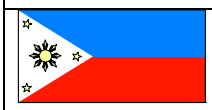
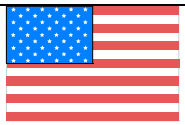
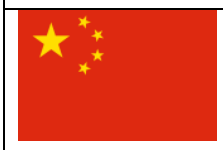
Martial arts styles of the world - Can you work out the anagrams?

Place the letters into the blue rectangles
Letters can only go in the row or column that they start in
Black rectangles are spaces between words
Each horizontal row spells out a martial arts style
The dark blue column will spell out a martial arts phrase
When you've worked out the arts, write the country of origin in the first column

Country of origin																								
																M	O							
											J	P	E	N	E	E	Y	K	U	M				
Philippines						L	I	K	A							K	A	L	I					
Indonesia	T	A	C	K		L	I	S	A			P	E	N	C	A	K		S	I	L	A	T	
Israel			R	A	G	A	V	A	K						K	R	A	V		M	A	G	A	
Japan			O	I	K		A	I	D							A	I	K	I	D	O			
USA	J	O	N	E	E		T	E	D				J	E	E	T		K	U	N	E		D	O
Japan					K	O	N	E	D						K	E	N	D	O					
China				H	I	T	I	C	A					T	A	I		C	H	I				
Russia				M	A	S	T	E	S							S	Y	S	T	E	M	A		
Japan			R	A	T		A	K	E						K	A	R	A	T	E				
Korea	W	A	N	D		K	O	T	E			T	A	E	K	W	O	N	D	O				
USA		L	Y	S		F	R	E	T				F	R	E	E	S	T	Y	L	E			
Japan			S	U		J	U	T	I		J	U	J	I	T	S	U							
Japan				B	O	O	K	U	D		K	O	B	U	D	O								
USA/Japan								A	M							M	M	A						
Egypt		C	I	N		F	E	N	G						F	E	N	C	I	N	G			

Now match the countries to their flags

Egypt	 Japan	 Korea	Russia
 Philippines	 USA	Indonesia	Israel
 China			

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