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Baseball

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Glove
and
Ball



Ball

Baseball player

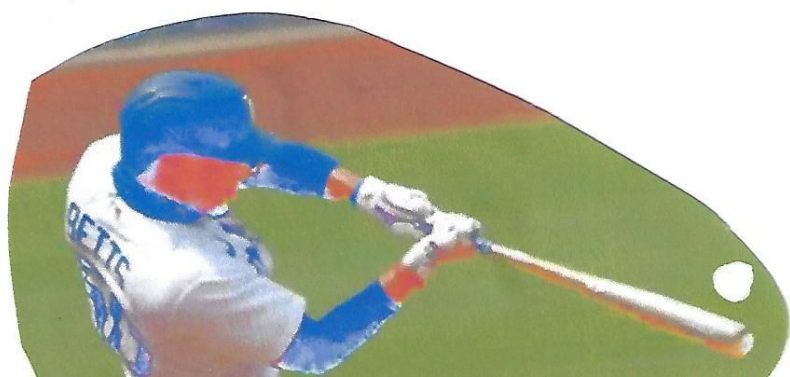


Baseball

Baseball is a game which is come from Britain Ireland.

Baseball is a bat and ball sport played by two teams of 9 players each.

For the baseball you need baseball bat, helmet and ball. Me and Kostas we haven't game even. We don't know the rules.



Baseball hat and bat





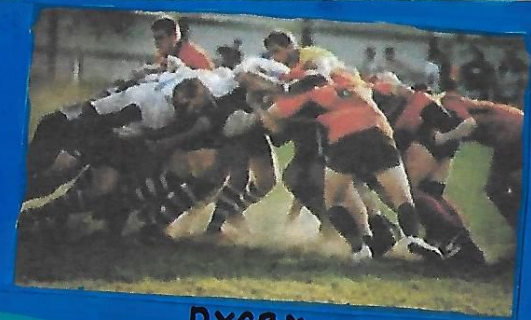
- Swimming is when you move your body in the water using arms and legs.
- for fun it is a cool activity on a hot day and a great way to play friends.
- Swimming is a good exercise for our heart.
- Swimming is also on olympic game.

Smaragba
Silvia



s compete against
to carry or kick
all into the opponent's

RUGBY



RUGBY

s of rugby are as follows:

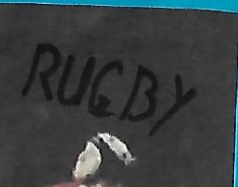
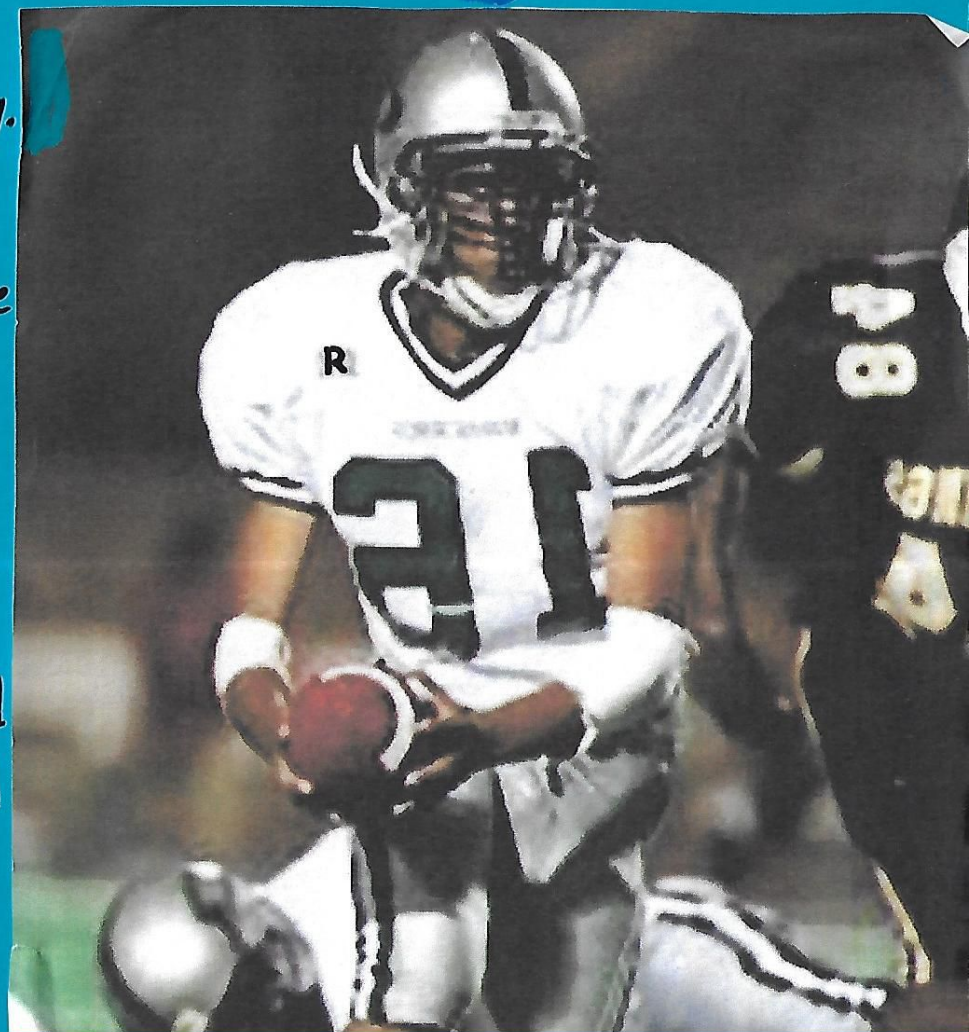
kicked with the feet and thrown or carried with the arms.

pass is allowed when throwing.
ly allowed in any direction of play.

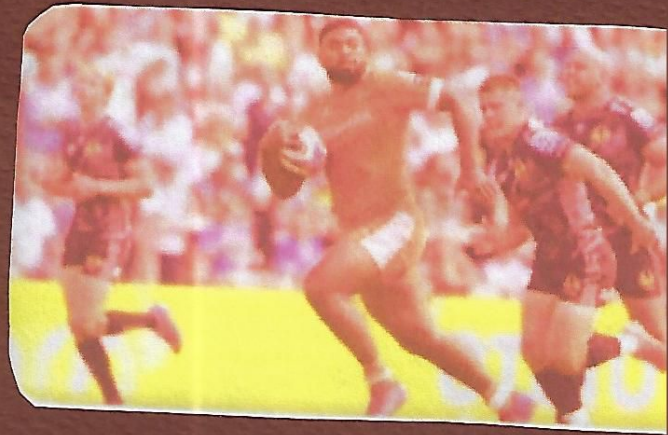
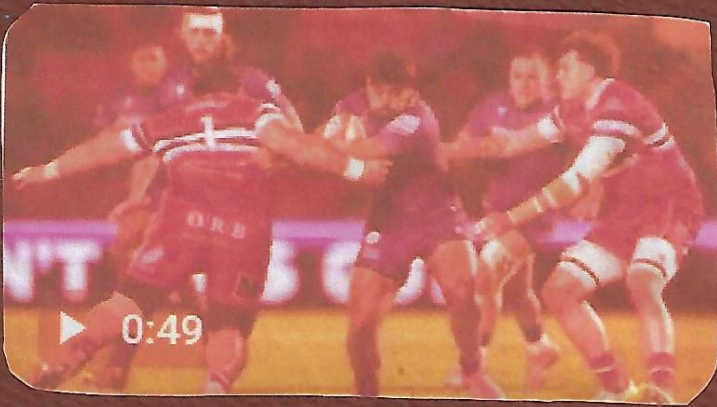
the ball may not be attacked. The so-
only allowed against players in possession of the

may clinch, hold and bring the opponent to the

possession of the ball comes into contact
(apart from his own feet), the cue ball is released
this case, the player in contact with the ground
the free cue ball.



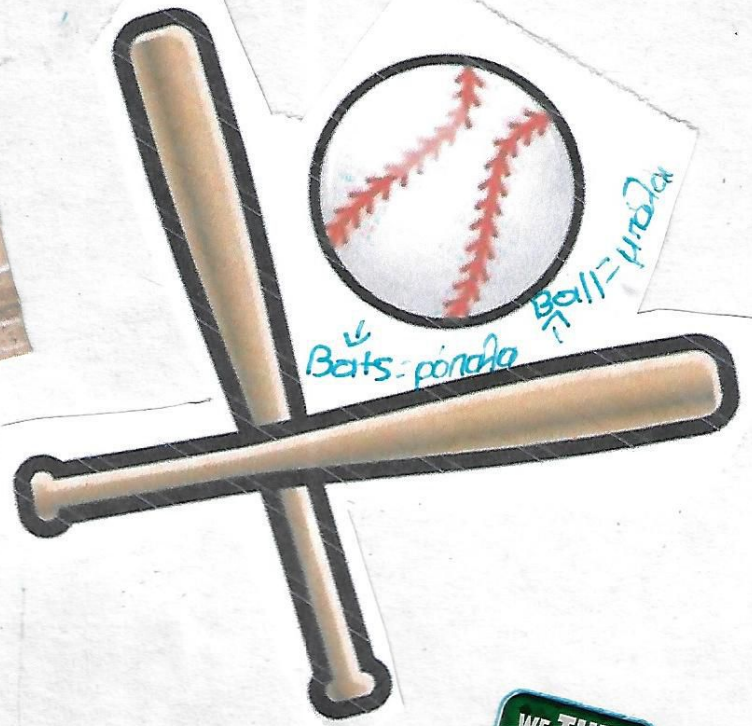
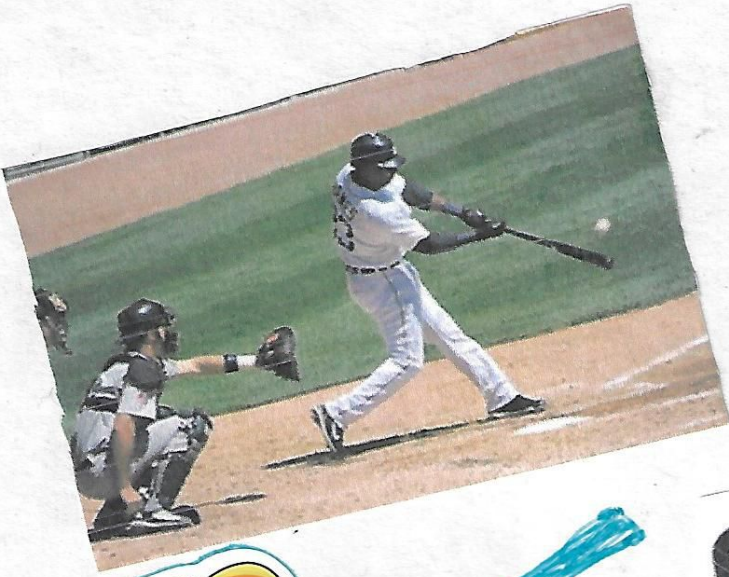
Nikos Kallithras



Rugby is a physical contact sport played with an oval ball by two teams, where the objective is to score points by running with the ball over the opponent's goal line or kicking it through the goalposts. In rugby, you can run with the ball but can only pass it backward or sideways. The ball can be kicked forward, but teammates must be behind the kicker to catch it onside.



4BASEBALL LOVE IT!!!!!!



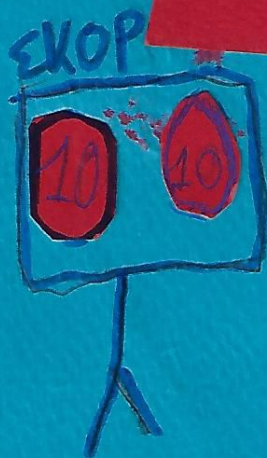
Baseball is a bat and ball sport played between two teams of nine players each. Each team takes turns playing defense in the field and offense via batting.

Και το κοινό Τηρωκραβ

Και τελικά ποιος θα πάρει
το χρυσό?



Τρομερός τελικός!



What is tae-kwo-do

Tae-kwo-do is a athlete. Joe and M.
na

Definition of Tae-kwo-do

Taekwondo, often translated as "the way of the fist," is a traditional Korean martial art that emphasizes kicking techniques, hand strikes, and jumps. It is a disciplined form of exercise.

including indigenous Korean fighting styles, the martial arts practices of neighboring countries such as China and Japan. However, the modern form of Tae-kwo-do emerged after the end of the Japanese occupation of Korea in 1945. In 1955, the Korea Taekwondo Association was established to unify the various martial arts schools and create a standardized system. Subsequently, the International World Taekwondo Federation (IWTF) was founded in 1973, marking the global recognition of Taekwondo as an official sport.

Rules and Regulations

Tae-kwo-do competitions are governed by a set of rules and regulations designed to ensure fair play and safety. Matches are typically scored based on successful strikes that land with precision and power. Points are awarded for kicks to the head and body, with more points for more challenging techniques. But there are several rules in Taekwondo that you have to avoid, such as striking below the belt, using excessive force. Matches are overseen by referees, and competitors are required to wear protective gear, including helmets and chest protectors. These rules contribute to the disciplined nature of Taekwondo competitions.

Techniques in Taek

kicks, strikes, and Taekwondo

Furthermore, Taekwondo places a strong emphasis on character development promoting values such as respect, integrity, perseverance, and spirit, contributing to overall personal growth.

Conclusion

From the disciplined training regimen to the structured ranking and the numerous physical and mental benefits, Taekwondo offers a holistic approach to personal development. Whether pursued for sports or personal growth, Taekwondo continues to captivate practitioners including young generations.

The numerous physical and mental benefits, coupled with the focus on character development and discipline, make Taekwondo an ideal activity for young learners. If you're considering enrolling your child in a Taekwondo program, look no further than Rockstar Academy. As the best Sports & Performing Arts Academy, they offer a full MMA program that includes a wide range of taekwondo classes, all the belts as well as Muay Thai & Poomsae.

The program is also accompanied with competition events such as Rock Olympics and Taekwondo Testing that provide a remarkable learning experience, allowing them to challenge themselves, surpass their limits, and relish the rewards of their hard work. To kick-start this incredible journey, Rockstar Academy welcomes individuals with a free trial class. Take the first step towards a full-fledged empowering experience for your children by contacting Rockstar Academy.

Events & Competitions

Elite Championships, Rock Olympics, Gymnastics Testing.

Schedule & Locations

Number

E. Red Belt (3rd and 2nd Geup)

The ^{Red} purple belt signifies a higher level of expertise in Taekwondo. Practitioners at this stage have mastered a wide array of techniques and refining their skills with an emphasis on precision and fluid movements. The distinctions between the 3rd and 2nd Geup

- 3rd Geup - Blue Belt with Red Stripe
- 2nd Geup - Red Belt

F. Red Belt Black Stripe (1st Geup)

The 1st Geup denotes advanced proficiency in Taekwondo. Practitioners continue to hone their skills and demonstrate level of technical prowess.

G. Black Belt (1st Dan to 10th Dan)

Achieving the black belt is a significant milestone in a practitioner's journey. The black belt is not the end but rather the beginning of a new phase of learning and mastery.

• Dan Degrees

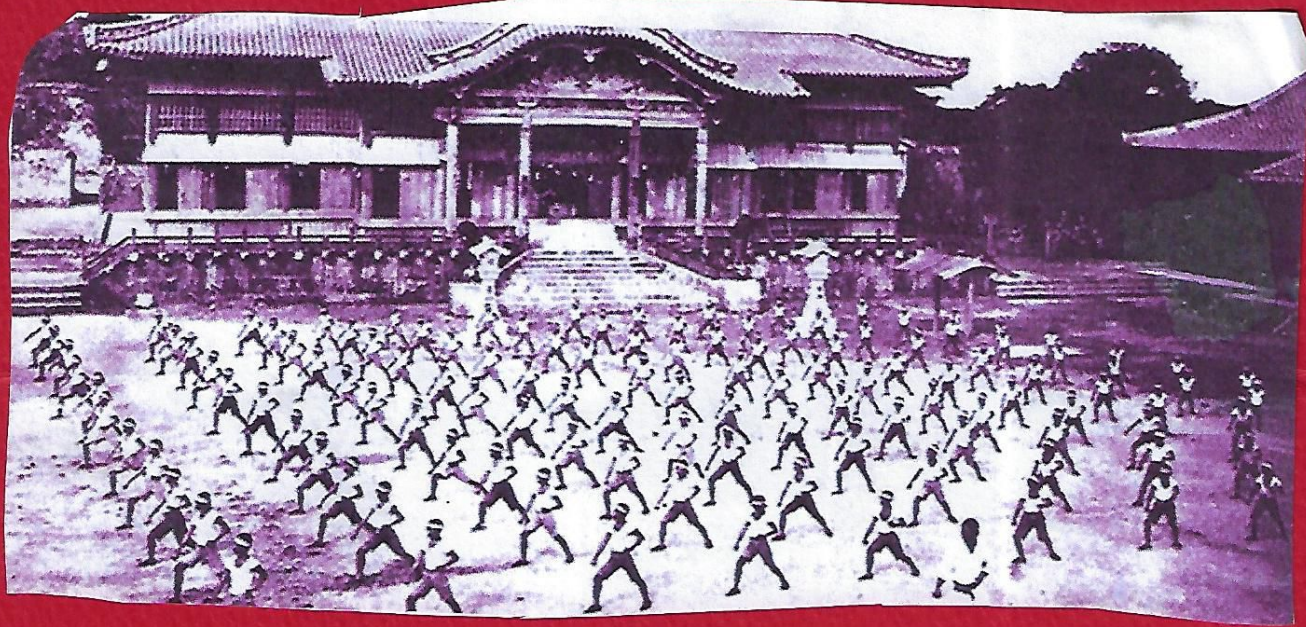
Within the black belt tier practitioners can advance through degrees (Dans), signifying their continued growth and achievement. The higher the Dan, the more advanced and experienced the practitioner is considered.

• Master Levels

Beyond the initial black belt degrees, individuals can attain higher levels, denoting exceptional skill, knowledge, and contributions to the martial art. Master levels are typically represented by higher Dan degrees, such as 9th Dan (Master) and 10th Dan (Grand Master).

1. White - (Beginner) - learning basic moves.
2. Yellow - learning move techniques.
3. Green - practicing move difficult kicks.
4. Blue - improving strength and speed.
5. Red - advanced level, preparing for black belt.
6. Black - expert, capable of teaching others.

I love tea-kwo-do! 1999



BASKETball

Basketball is one of the most popular game in the world.

Basketball is a game played with the hands



It is played by two teams of five players



Each basket counts for one point or two points, or three points.



The team that has the highest score after four ten minute times wins the game.



The ball is black and orange



FOOTBALL

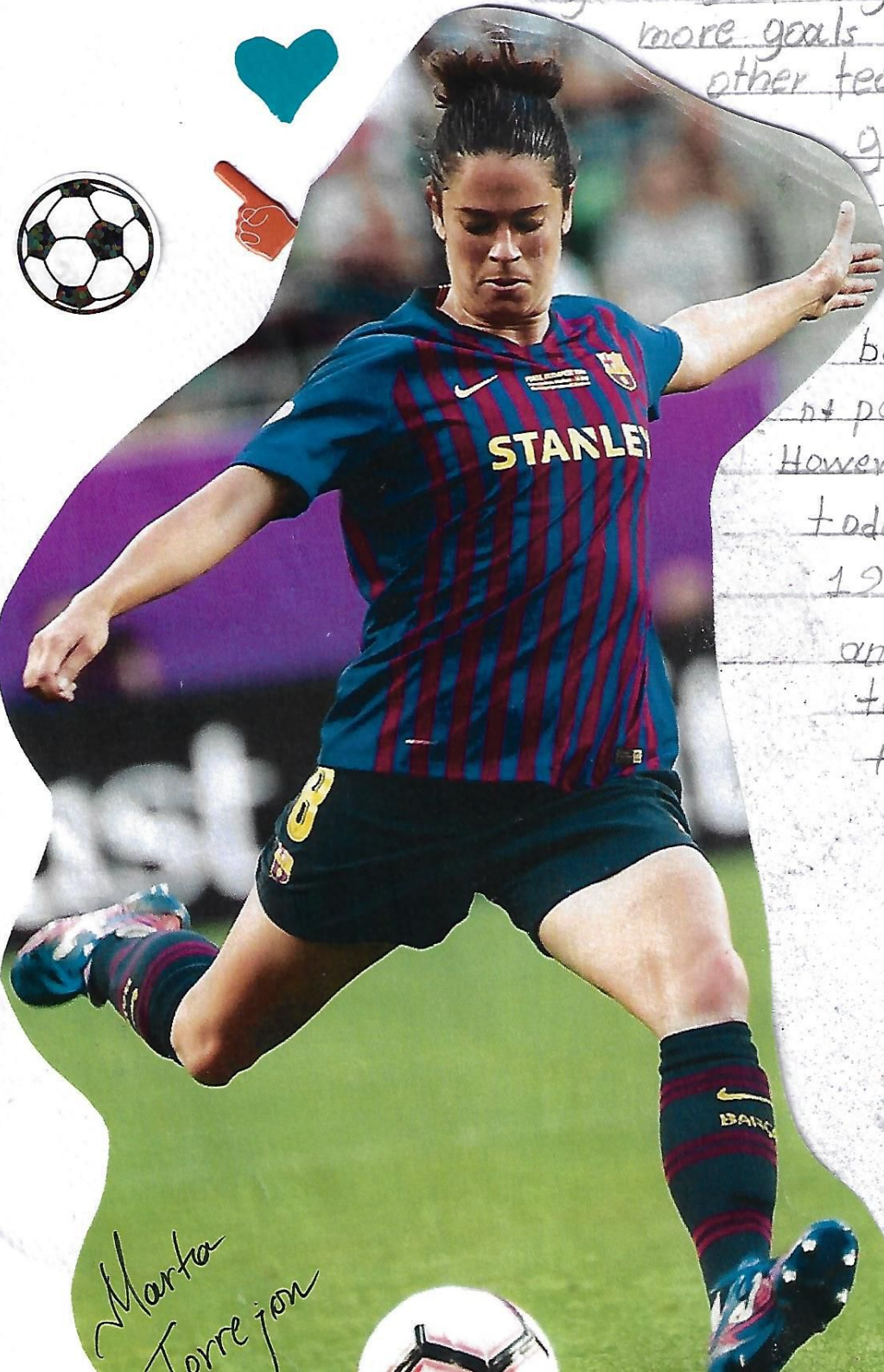


Football is a team sport played between two teams of eleven players. The main goal of the game is for each team to score more goals by getting the ball into the other team's net. It is played on a grass field, and players use their feet to move the ball.



The history of football goes back to ancient times when many different peoples played games. However, the form of football that we know today began in England in the 19th century, where many clubs and teams were created. Since then, football has become a very popular sport in the world and is played in almost every country.

Giota Evelina



Marta Torrejon

