



# SELF DEFENSE

## WORD SEARCH PUZZLE

ANGLE  
ARM LOCK  
ATTACK  
ATTITUDE  
CHOP  
COMBAT  
CONTROL  
DEFEND  
DELAY  
DETECT  
DETER  
DISCIPLINE  
GRAPPLE  
INSTRUCT  
KICK  
KNEES  
KNUCKLES  
PUNCH  
RESIST  
STAND  
TOSS  
TURN  
TWIST

N M E E D U T I T T A N E  
S G T C E T E D K T O N S  
S A S E E N K T T P I Y E  
O R I L I N I A C L C E L  
T M I G D D C N P H L P K  
F L P N T K K I O P T G C  
R O D A U C C P P Y D H U  
E C E T L S U A N E N C N  
S K T W I T R R L T A N K  
I S E D A G I A T H T U L  
S S R B C W Y J F S S P T  
T B M C T S I W T I N U L  
C O N T R O L A L J R I L  
C W D N E F E D I N D F P

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.  
Find and circle each word.

