

# KARATE-DO

## *“The Way of Empty Hand”*

- The **color of belt** that I wear is:
- In Japanese, **my rank** is:
- This is how you **count (70-80)** in Japanese:
- **The Kata** which I am required to work is:
- The **Interpretation** is:
- **The Kiai** in the kata is:
- The **Hidden Symbolic Movement** in **Basai Dai Kata** is where and what is the meaning:
- The **Weapon** which I am required to learn is the \_\_\_\_\_ and the parts of the weapon are the following: (Top, Bottom, Rope – Japanese):
- Describe **Ippon #11**:
- Describe **Ippon #12**:
- Describe **Taezu #8**:
- Describe **Kihon #11**:

- Describe **Kihon #12**:
- I would explain a Zenkutsu Dachi as:
- I would explain a Kiba Dachi as:
- I would explain a Hachiji Dachi as:
- I would explain a Neko Dachi as:
- I would explain a Sanchin Dachi as:
- I would explain a Mitsurin Dachi as:

**Match:**

___ Tobi	(A) Informal Sitting
___ Haito	(B) Under Black Belt
___ Mae Ude	(C) Above Black Belt
___ Te	(D) Ball Of Foot
___ Sune	(E) Hand
___ Atama	(F) Heel Of Foot
___ Ashi	(G) Jumping
___ Haisoku	(H) Ridge Of Hand
___ Kakato	(I) Forearm
___ Ken	(J) Shin
___ Koshi	(K) Head
___ Sokuto	(L) Leg/Foot
___ Mudansha	(M) Instep/Top Of Foot
___ Yudansha	(N) Fist
___ Zazen	(O) Edge Of Foot