

# 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 (30-50)** in Japanese:
- **The Kata** which I am now required to work is:
- The **Interpretation** is:
- **The Kiai** in the kata is:
- The **Hidden Symbolic Movement** in **Anaku Kata** is where and what is it called:
- Ippon Kumite Kata (**Ippons**) display two things (principles):
- Describe **Ippon #5**:
- Describe **Ippon #6**:
- Taezu Nara Waza (**Taezus**) display two things (principles):
- Describe **Taezu #5**:
- Describe **Taezu #6**:
- Kihon Kumite Kata (**Kihons**) display three things (principles):
- Describe **Kihon #1**:
- Describe **Kihon #2**:
- Describe **Kihon #3**:

- The **6 Detailed Punches** (Japanese) are:
- In a **Hook Kick**, the part of the foot that hits the target is the:
- In a **Stomp Kick**, the parts of the foot that hit the target are the:
- **Kime Dachi Kumite** is \_\_\_\_\_. Explain:
- The **weapon I am** responsible to begin **learning** is the:
- The **name of Taikyoku kata** when **Tonfa theory** is applied is:

## Dojo Kun

*H*itotsu: Refrain...

*H*itotsu: Respect...

*H*itotsu: Seek...

*H*itotsu:

*H*itotsu: Be...

- Name the **twelve principles of Kata**:

- The **23 Characteristics** of Shuri-ryu are:

**Match:**

- |                   |   |
|-------------------|---|
| ___ Shuto         | (A) Cat Stance                                |
| ___ Shotei        | (B) To Transcend All Human Limitations        |
| ___ Tetsui        | (C) One Self or Above All                     |
| ___ Uchi          | (D) Junior                                    |
| ___ Kage          | (E) Style                                     |
| ___ Neko (Dachi)  | (F) Senior                                    |
| ___ Ageken (Zuki) | (G) Roundhouse                                |
| ___ Yoko (Geri)   | (H) Best Use Of Mental And Physical Abilities |
| ___ Mawashi       | (I) Sumo (Stance)                             |
| ___ Nagashi (Uke) | (J) To Learn From Tradition                   |
| ___ Tora          | (K) Knife-Hand                                |
| ___ Shiko (Dachi) | (L) Hammer-Fist                               |
| ___ Sempai        | (M) Strike or Inside                          |
| ___ Shu           | (N) Hook (Punch)                              |
| ___ Ryu           | (O) Rising-Fist (Punch)                       |
| ___ Kohai         | (P) Side (Kick)                               |
| ___ Ri            | (Q) Push / Palm (Block)                       |
| ___ Hitotsu       | (R) Sparring                                  |
| ___ Budo          | (S) Tiger                                     |
| ___ Kumite        | (T) Palm-Heel                                 |