

# 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 (50-60)** in Japanese:
- **The Kata(s)** which **I am now required to work** are:
- The **Interpretations** are:
  
- **The Kiai(s)** in the kata are:
- The **Hidden Physical Movement** in **Naihanchi Kata** is what, where is it, and who’s favorite fist:
- The **Hidden Spiritual Movement** in **Naihanchi Kata** is where what does it say:
  
- The **Hidden Spiritual Movement** in **Sanchin Kata** is where and what does it mean:
  
- **The weapon I am** responsible to begin **learning** is the:
  
- The **Interpretation** is:
- The term **Goshindo** is also referred to (2 phrases):
- List all **9 Goshindo Principles**:

- Ippon Kumite Kata (**Ippons**) display two things (principles):
- Describe **Ippon #7**:
- Describe **Ippon #8**:
- Taezu Nara Waza (**Taezus**) display two things (principles):
- Describe **Taezu #7**:
- Describe **Taezu #8**:
- Kihon Kumite Kata (**Kihons**) display three things (principles):
- Describe **Kihon #4**:
- Describe **Kihon #5**:
- Describe **Kihon #6**:
- In the **Crescent Kick**, the parts of the foot that hit the target are the:
- In the **Ax Kick**, the parts of the foot that hit the target are the:
- Name all 7 **Kogeki Hoyo(s)**:

- Explain the differences b/w **Te-uke** and **Tegatana-uke** and how should they be executed:
- **O’Sensi Trias’ favorite block** was the:
- The legend of Choki Motobu was that he popularized \_\_\_\_\_ kata by performing the three forms as only “One Kata” at least \_\_\_\_\_ times a day.

## Student Creed

*I Shall conduct...*

*I Shall be loyal...*

*I Shall be honest...*

*I Shall exercise restraint...*

## **Match:**

___ Giri	(A) Absorbing and Controlling Pain and Punishment
___ Fumi Komi (Geri)	(B) Thrusting
___ Haishu	(C) Attack The Attack
___ Mitsurin (Dachi)	(D) Crane (Stance)
___ Sen No Sen	(E) Major
___ Ashi Barai	(F) Backhand
___ Gyaku	(G) Stomp (Kick)
___ Oi	(H) Minor
___ Ko	(I) Knee
___ O	(J) Lunge Technique
___ Ashi Kaette	(K) Reverse
___ Hiza	(L) Snapping
___ Empi	(M) Responsibility
___ Jikidan	(N) Jungle (Stance)
___ Kekomi	(O) Switch Legs/Feet
___ Keage	(P) Elbow (Strike)
___ Kote-aite	(Q) Leg Sweeping/Blocking
___ Haku Tsuru	(R) Hour-Glass (Stance)
___ Sanchin (Dachi)	(S) Private discussion b/w teacher and student usually regarding attitude.