

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. |