

# KARATE-DO

## *“The Way of Empty Hand”*

- **Karate strengthens** my \_\_\_\_\_, my \_\_\_\_\_, and my \_\_\_\_\_.
- The **color of belt** that I wear is:
- In Japanese, **my rank** is:
- This is how you **count (11-30)** in Japanese:
- **The Kata** which I am now required to work is:
- The **Interpretation** is:
- **The Kiai** in the kata is:
- The **Hidden Physical Movement** in **Wunsu Kata** is:
- The **Hidden Symbolic Movement** in **Wunsu Kata** is where and what is the meaning:
- **All Kata** begin and end with:
- In a **Side Kick**, the \_\_\_\_\_ is high and the part of the foot that hits the target is the:
- In a **Roundhouse Kick**, the parts of the foot that hit the target are the:
- Ippon Kumite Kata (**Ippons**) display two things (principles):
- Describe **Ippon #3**:
- Describe **Ippon #4**:
- Taezu Nara Waza (**Taezus**) display two things (principles):
- Describe **Taezu #3**:

- Describe **Taezu #4**:
- What is meant by **Kuzushi**:
- The \_\_\_\_\_ principle is a way to kuzushi.
- The **Bo** is \_\_\_\_\_ inches long.
- The **name of Taikyoku kata** when **Bo theory** is applied is:
- **Kata Kumite** is \_\_\_\_\_. Explain:
- The **3 levels of blocking** are:
- The **3 levels of breath** are:
- The **3 levels of attack** are:
- The **5 principles of Karate** are:
- The **5 major categories of kata** are \_\_\_\_\_. Explain:

**K** in Karate stands for:

**A** in Karate stands for:

**R** in Karate stands for:

**A** in Karate stands for:

**T** in Karate stands for:

**E** in Karate stands for:

**Match:**

___ Hidari	(A) Right
___ Mae	(B) Back
___ Ushiro	(C) Front
___ Mate	(D) Thank You
___ Migi	(E) Vertical (Punch)
___ Domo Arigato	(F) Wait
___ Tate (Zuki)	(H) Corkscrew (Punch)
___ Seiken (Zuki)	(I) Left
___ Jodan	(J) Praying Position
___ Gedan	(K) Ready
___ Fudo (Dachi)	(L) Meditate
___ Chudan	(M) Forward / Front (Stance)
___ Heisoku (Dachi)	(N) Falling Ways
___ Ura (Zuki)	(O) Horse (Stance)
___ Hachiji (Dachi)	(P) Dragon
___ Tatsu	(Q) Ready (Stance), literally “Eight Stance”
___ Kiba	(R) Upper-cut (Punch)
___ Ukemi	(S) Formal Stance
___ Zenkutsu (Dachi)	(T) Middle
___ Mokuso	(U) Informal
___ Yoi	(V) Angling, Avoiding, Dodging
___ Gasho	(W) High
___ Tai sabaki	(X) Low