

# 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 work is:
- The **Interpretation** is:
  
- **The Kiai** in the kata is:
  
- The **Hidden Physical Movements** in **Empi Sho Kata** are:
  
- The **Weapon Kata** which I work is:
  
- In a **Crescent Kick**, the parts of the foot that hit the target are the:
- In a **Ax Kick**, the part of the foot that hits the target is the:
- The **8 Blocks** required of me up to this point are (Japanese):
  
- The **6 Detailed Punches** are (Japanese):

- The **9 Stances** required of me up to this point are (Japanese):
- The **7 Kicks** required of me up to this point are (Japanese):
- Ippon Kumite Kata (**Ippons**) display two things (principles):
- Describe **Ippon #8**:
- Taezu Nara Waza (**Taezus**) display two things (principles):
- Describe **Taezu #6**:
- Describe **Self Defense #6**: (Name-\_\_\_\_\_)
- Kihon Kumite Kata (**Kihons**) display three things (principles):
- Describe **Kihon #4**:
- Describe **Kihon #5**:

### Match:

- |                      |                     |
|----------------------|---------------------|
| ___ Zubon            | (A) Center/Abdomen  |
| ___ Tori             | (B) Defender        |
| ___ Uwagi            | (C) Gi Bottom       |
| ___ Yang             | (D) Soft            |
| ___ Waza             | (E) Sacrifice       |
| ___ Yin              | (F) Jungle (Stance) |
| ___ Hara             | (G) Technique       |
| ___ Uke              | (H) Gi Top          |
| ___ Mitsurin (Dachi) | (I) Hard            |
| ___ Sutemi           | (J) Attacker        |