

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 (40-60)** in Japanese:

- **The Kata(s)** which I work are:
- The **Interpretation(s)** are:

- **The Kiai(s)** in the kata are:

- The **Hidden Physical Movement** in **Wunsu Kata** is:
- The **Hidden Symbolic Movement** in **Wunsu Kata** is where and what is the meaning:

- The **Hidden Symbolic Movement** in **Anaku Kata** is where and what is it called::

- The **Weapon Kata** which I work is:
- The **Interpretation** is:

- Another name for the **9 Moving Forces** is:
- **List the 9 Moving Forces:**

- In a **Hook Kick**, the parts of the foot that hit the target are the:

- Ippon Kumite Kata (**Ippons**) display two things (principles):
- Describe **Ippon #7**:
- Taezu Nara Waza (**Taezus**) display two things (principles):
- Describe **Taezu #4**:
- Describe **Self Defense #5**: (Name-_____)
- Kihon Kumite Kata (**Kihons**) display three things (principles):
- Describe **Kihon #2**:
- Describe **Kihon #3**:

Match:

- | | |
|----------------------|--|
| ___ Sanchin (Dachi) | (A) Cat (Stance) |
| ___ Neko (Dachi) | (B) Palm-Heel (Strike) |
| ___ Fumi Komi (Geri) | (C) Hour-Glass (Stance) |
| ___ Shotei (Uchi) | (D) Rising-Fist (Punch) |
| ___ Empi (Uchi) | (E) To Transcend All Human Limitations |
| ___ Hiza (Geri) | (F) Back-Hand (Block) |
| ___ Ageken (Zuki) | (G) Style |
| ___ Uchi | (H) To Learn From Tradition |
| ___ Kaette | (I) Inside or Strike |
| ___ Haishu (Uke) | (J) Knee (Kick or Strike) |
| ___ Shu | (K) Elbow (Strike) |
| ___ RI | (L) Stomp (Kick) |
| ___ Ryu | (M) Switch |