

# KARATE-DO

*“The Way of Empty Hand”*

***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:

- Karate strengthens my \_\_\_\_\_, my \_\_\_\_\_, and my \_\_\_\_\_.
- The color of belt that I wear is:
- In Japanese, **my rank** is:
- This is how you **count (11-20)** in Japanese:
  
- **The Kata** which **I work** is:
- Describe the different blocks and punches in each:
  
- **The Kiai** in the kata is on 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 1**:
- Describe **Self Defense #2**: (Name-\_\_\_\_\_)

### Match:

___ Kyu	(A) Black Belt Degree
___ Hidari	(B) Right
___ Hajime	(C) Below Black Belt
___ Mae (Geri)	(D) Back (Kick)
___ Geri (Keri)	(E) Front (Kick)
___ Ushiro	(F) Kick
___ Yame	(H) Thank You
___ Migi	(I) Stop
___ Dan	(J) Wait
___ Domo Arigato	(K) Corkscrew (Punch)
___ Mate	(L) Start
___ Seiken (Zuki)	(M) Punch
___ Zuki (Tsuki)	(N) Left