

# 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 (60-70)** 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(s)** in **Empi Sho Kata** are where and what tools are involved:
- The **Weapon Kata** which **I am now required to work** is:
- The **weapon used** in the form is the \_\_\_\_\_.
- The **Stances required of me (11-Japanese)** up until this point are:
- Ippon Kumite Kata (**Ippons**) display two things (principles):
- Describe **Ippon #9**:
- Describe **Ippon #10**:
- Kihon Kumite Kata (**Kihons**) display three things (principles):
- Describe **Kihon #7**:

- Describe **Kihon #8**:
- Describe **Kihon #9**:
- Describe **Kihon #10**:
- The **Parts of the Tonfa** are called ( Top and Shaft – Japanese):
- The **differences** between **Nogare** and **Ibuki Breathing** is (Explain how to):
- The **8 Types Of Attack** are (Explain):
- The **8 Performance Categories** are (Japanese/English):

- The **5 Ways to Develop Power** are:

- The **5 Ways to Develop Speed and Fluidity** are:

**Match:**

___ Kime	(A) Formal Kneeling
___ Hanmae	(B) Spear-Hand Strike
___ Kamae	(C) Stand (At Ease) Command
___ Keikoken (Zuki)	(D) Push Down/Away (Block)
___ Kobudo	(E) Chest
___ Kogeki	(F) Stomach / Center
___ Maai	(G) Ax (Kick)
___ Mawatte	(H) Ancient Weaponry
___ Hara	(I) Attacking
___ Shita Hara	(J) Focus
___ Mune	(K) Half-Front or 45°
___ Ono (Geri)	(L) Fore-Finger Knuckle (Punch)
___ Swim Kage	(M) Distance
___ Nukite	(N) Turn or Pivot
___ Naotte	(O) Lower Stomach / Saika Tanden
___ Seiza	(P) Basic On-Guard Position
___ Hebi	(Q) Crane
___ Tsuru	(R) Snake