

KARATE-DO

“The Way of Empty Hand”

***K**arate Begins And Ends With:*

***A**ctions Have:*

***W**e Must Be:*

***W**e Lead By:*

***T**here Is No Excuse For:*

- *The reason I want to take Karate is:*
- The **type** of **Karate** that I take is:
- The **name** of my **Karate School** is:
- The **name** of my **Karate Teacher** (First & Last) is:
- My **Teacher’s Title** is:
- One way to show **respect/courtesy with the entire body** is to:
- I **bow** when:
- This is how you **count (1-10)** in Japanese:
- The color belt that I wear is:
- In Japanese, **my rank** is:
- **The Kata** which I work is:
- There are ____ punches in Three Punch Kata.

- Ippon Kumite Kata (**Ippons**) display two things (principles):
- Describe **Ippon #1**:
- Describe **Ippon #2**:
- There are _____ **Animal Fists** and they are:
- There are _____ stances in **Dachi Kata** and they are:
- **The 5 B's** are:
- Describe **Self Defense #1**: (Name-_____)
- In a **Front Kick**, the part of the foot that hits the target is the:
- In a **Back Kick**, the part of the foot that hits the target is the:

Match:

- | | |
|-------------|----------------------------|
| ____ Obi | (A) Training Hall |
| ____ Rei | (B) Uniform |
| ____ Dojo | (C) Bow |
| ____ Sensei | (D) Belt |
| ____ Kamiza | (E) Teacher |
| ____ Gi | (F) Honorary Place in Dojo |