

KARATE-DO

“The Way of Empty Hand”

I Shall conduct...

I Shall be loyal...

I Shall be honest...

I Shall exercise restraint...

- The color of belt that I wear is:
- In Japanese, **my rank** is:
- This is how you **count (30-40)** in Japanese:

- The **three levels of Kata** are:

- Describe each level:

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

- **The Kiai** in the kata is:

- Ippon Kumite Kata (**Ippons**) display two things (principles):
- Describe **Ippon #6**:
- Taezu Nara Waza (**Taezus**) display two things (principles):
- Describe **Taezu #3**:
- Describe **Self Defense #4**: (Name-_____)
- Kihon Kumite Kata (**Kihons**) display three things (principles):
- Describe **Kihon #1**
- Name the **6 Detailed Punches**:

Match:

- | | |
|----------------------|------------------------|
| ___ Shiko (Dachi) | (A) Forward (Stance) |
| ___ Tate (Zuki) | (B) Ready (Stance) |
| ___ Nagashi (Uke) | (C) Informal (Stance) |
| ___ Zenkutsu (Dachi) | (D) Sumo (Stance) |
| ___ Ukemi | (E) Attention (Stance) |
| ___ Heisoku (Dachi) | (F) Push/Palm (Block) |
| ___ Hachiji (Dachi) | (G) Falling Ways |
| ___ Ura (Zuki) | (H) Hook (Stance) |
| ___ Fudo (Dachi) | (I) Vertical (Punch) |
| ___ Kage (Dachi) | (J) Upper-cut (Punch) |