

KARATE-DO

“The Way of Empty Hand”

- ***The reason I want to take Karate is:***
- The **type of Karate** that I take is_____. The two cultures / countries which contributed to its’ formation:
- 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 **courtesy with the entire body** is to_____. Explain:
- This **courtesy gesture with the body** is to be done when:
- The **high / honorary place in dojo** is called:
- The **honorary place in dojo is special because:**
- **My lineage** is (Teacher’s Teacher’s Teacher):
- This is how you **count (1-10)** in Japanese:
- The **color belt** that I wear is:
- In Japanese, **my rank** is:
- **Kata** stands for:
- **The Kata** which **I am required to work** is:
- Describe the different blocks and punches in each level:
- **The Kiai** in the kata is on the:
- In kata, we begin and end with_____in our fingertips.

- Ippon Kumite Kata (**Ippons**) display two things (principles):
- Describe **Ippon #1**:
- Describe **Ippon #2**:
- Taezu Nara Waza (**Taezus**) display two things (principles):
- Describe **Taezu #1**:
- Describe **Taezu #2**:
- The **first five stances** required of me are:
- The **distribution of balance** in each stance is:
- **The 5 B's** used when falling are:
- There are _____ **Animal Fists** and they are:
- 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:
- **Jiyu Undo** is _____. Explain:
- **All blocks** have a _____.
- Common **Rule of Thumb** concerning the **timing of hand to hand & hand to foot**:
- The **3 fists** are:

Karate Begins And Ends With:

Actions Have:

We Must Be:

We Lead By:

There Is No Excuse For:

Match:

- | | |
|-------------------|--------------------------------------------------------|
| ___ Obi | (A) Training Hall |
| ___ Kamiza | (B) Block |
| ___ Rei | (C) Stance |
| ___ Zuki (Tsuki) | (D) Honorary Place |
| ___ Dachi (Tachi) | (E) Punch |
| ___ Dojo | (F) Bow |
| ___ Kata | (G) Come To Attention |
| ___ Sensei | (H) Formal Exercise |
| ___ Geri (Keri) | (I) Teacher |
| ___ Uke | (J) Belt |
| ___ Kiostsuke | (K) Kick |
| ___ Hajime | (L) Below Black Belt |
| ___ Yame | (M) Courtesy gesture of one's willingness to work hard |
| ___ Dan | (N) Stop |
| ___ Kyu | (O) Black Belt Degree |
| ___ Gi | (P) Begin |
| ___ Osu | (Q) Karate Uniform |