

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 (80-90)** in Japanese:

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

- The **Interpretation** is:

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

- The **Hidden Physical Movement** in **Nai Hanchi Kata** is:

- The **Hidden Symbolic Movement** in **Nai Hanchi Kata** is where and what is the meaning:

- The **10 Blocks** required of me up to this point are (Japanese):

- Ippon Kumite Kata (**Ippons**) display two things (principles):
- Taezu Nara Waza (**Taezus**) display two things (principles):

- Describe **Taezu #7**:

- Describe **Taezu #8**:

- Describe **Self Defense #7**: (Name-_____)

- Kihon Kumite Kata (**Kihons**) display three things (principles):

- Describe **Kihon #5**:

- Describe **Kihon #6**:

- Describe **Kihon #7**:

Match:

- | | |
|---------------|-----------------------------------|
| ___Heno | (A) Presence Of Mind |
| ___Zanshin | (B) Attack The Attack |
| ___Mushin | (C) React w/out Thinking |
| ___Sen No Sen | (D) Spirit Yell |
| ___Kiai | (E) Angling, Avoiding and Dodging |
| ___Mai | (F) Cleaning Of Dojo |
| ___Soji | (G) Distance |
| ___Tai Sabaki | (H) No Mind |