

# 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 (80-100)** in Japanese:
  
- **The Kata** which **I am required to work** is:
- The **Interpretation** is:
  
- **The Kiai** in the kata is:
  
- The **Hidden Symbolic Movement** in **Gopei Sho** is where and what is the meaning:
- The **movements in Gopei Sho Kata** were inherited from which culture/country:
  
- Describe **Ippon #13**:
  
- Describe **Ippon #14**:
  
- Describe **Kihon #13**:
  
- Describe **Kihon #14**:

- The **Weapon** which I am required to learn is the \_\_\_\_\_ and the parts of the weapon are the following: (Center, Tiens, Tip of Tiens, Shaft, Tip of Shaft, Handle, Bottom of Handle – Japanese):
- The **Kicks** required of me are (Japanese):
- The **distribution of weight** while in **Kokutsu Dachi** is:
- The **Weapons (Bo, Tonfa, and Sai)** were agrarian tools used for what:
- Who was **Master Trias' 1st and 2nd instructors** and **another instructor** “A Chief Instructor under Choki Motubu”, which **comprised a great part of O'Sensei's life**:
- Define **Kiai** and explain the **different sounds of Kiai** and when to be used:
- Explain **Taisoku** and **Josuku breathing methods** and the kata(s) they should be practiced in:

**Match:**

- |                     |   |
|---------------------|---|
| ___ Heno            | (A) Wrist   |
| ___ Mushin          | (B) “Do You Understand?”  |
| ___ Te Kubi         | (C) Ankle   |
| ___ Ashi Kubi       | (D) “I Do Not Understand”   |
| ___ Wakarimasuka    | (E) Symbolic Hand Gesture   |
| ___ Wakarimasen     | (E) “I Understand”  |
| ___ Wakarimashita   | (F) Down  |
| ___ Ue              | (G) Student   |
| ___ Shita           | (H) Free Style (Sparring)   |
| ___ Sessen (Kumite) | (I) Back-fist   |
| ___ Jiyu (Kumite)   | (J) Close-In (Sparring)   |
| ___ Riken           | (K) “Feet Together” Command   |
| ___ Deshi           | (L) Resuscitation (First Aid)   |
| ___ Ashi O Sorette  | (M) A Mind Like Water   |
| ___ Mudra           | (N) Sensitivity (Hear, See, Feel, Anticipation)                           |
| ___ Kappo           | (O) A Mind Like Moon  |
| ___ Shinyo          | (P) Method for Liberation from Illusions and attainment of enlightenment. |
| ___ Tsuki No Kokoro | (Q) Intuitive Wisdom  |
| ___ Zen             | (R) Mindfulness referring to being passive and alert                      |
| ___ Buji            | (S) No Mind – Clear the mind of unnecessary thoughts                      |
| ___ Ryochi          | (T) Up  |
| ___ Mizu No Kokoro  | (U) To react without thinking   |