

# 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 (90-100)** in Japanese:
  
- **The Kata** which I work is:
- The **Interpretation** is:
  
- **The Kiai** in the kata is:
  
- The **Hidden Symbolic Movement** in **Basai Dai** is where and what is the meaning:
  
- The **Blocking Series (1-10)** required of me up to this point are (Japanese):
  
- The **Six Detailed Punches** are (Japanese):
  
- The **10 Stances** required of me up to this point are (Japanese):
  
- The **7 Kicks** required of me up to this point are (Japanese):
  
- Another name for the **9 Moving Forces** is:
- **List the 9 Moving Forces:**

- Ippon Kumite Kata (**Ippons**) display two things (principles):
- Describe **Ippon #9**:
- Describe **Ippon #10**:
- Taezu Nara Waza (**Taezus**) display two things (principles):
- Describe **Taezu #9**:
- Describe **Taezu #10**:
- Describe **Self Defense #8**: (Name-\_\_\_\_\_)
- Kihon Kumite Kata (**Kihons**) display three things (principles):
- Describe **Kihon #8**:
- Describe **Kihon #9**:
- Describe **Kihon #10**:
- The **23 Characteristics** of Shuri-Ryu are:

**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) Kick
___ Sensei	(H) Formal Exercise
___ Geri (Keri)	(I) Teacher
___ Uke	(J) Belt
___ Kohai/Kyu	(K) Senior
___ Hidari	(L) Right
___ Hajime	(M) Junior
___ Mae (Geri)	(N) Edge of hand
___ Shuto	(O) Front (Kick)
___ Yame	(P) Thank You
___ Migi	(Q) Stop
___ Sempai	(R) Wait
___ Domo Arigato	(S) Left
___ Mate	(T) Start
___ Yoi	(U) To Learn From Tradition
___ Kiba (Dachi)	(V) Praying Position
___ Shu	(W) Back (Kick)
___ Ryu	(X) To Transcend Human Limitations
___ Mokuso	(Y) Side (Kick)
___ Ushiro (Geri)	(Z) Hammer-Fist
___ Ri	(aa) Ready
___ Yoko (Geri)	(bb) Meditate
___ Tetsui	(cc) Style
___ Gasho	(dd) Horse (Stance)
___ Mawashi (Geri)	(ee) Come To Attention
___ Tate (Zuki)	(ff) Ready (Stance)
___ Neko (Dachi)	(gg) Informal (Stance)
___ Zenkutsu (Dachi)	(hh) Roundhouse (Kick)
___ Ukemi	(ii) Attention (Stance)
___ Heisoku (Dachi)	(jj) Upper-cut (Punch)
___ Hachiji (Dachi)	(kk) Falling Ways
___ Ura (Zuki)	(ll) Cat (Stance)
___ Fudo	(mm) Vertical (Punch)
___ Kiotsuke	(nn) Forward (Stance)

**Match:**

___ Jodan (Uke)	(A) Hook (Stance)
___ Gedan (Uke)	(B) High (Block)
___ Kage (Dachi)	(C) Palm-Heel (Strike)
___ Mitsurin (Dachi)	(D) Low (Block)
___ Shotei (Uchi)	(E) Rising-Fist (Punch)
___ Empi (Uchi)	(F) Jungle (Stance)
___ Hiza (Geri)	(G) Middle (Block)
___ Ageken (Zuki)	(H) Switch
___ Uchi	(I) Elbow (Strike)
___ Kaette	(J) Inside or Strike
___ Chudan	(K) Knee (Kick or Strike)
___ Zubon	(L) Center/Abdomen
___ Tori	(M) Defender
___ Uwagi	(N) Gi Bottom
___ Yang	(O) Soft
___ Waza	(P) Attacker
___ Yin	(Q) Hard
___ Hara	(R) Technique
___ Uke	(S) Gi Top
___ Heno	(T) Presence Of Mind
___ Zanshin	(U) Attack The Attack
___ Mushin	(V) React w/out Thinking
___ Sen No Sen	(W) Spirit Yell
___ Kiai	(X) Angling, Avoiding and Dodging
___ Mai	(Y) Cleaning Of Dojo
___ Soji	(Z) Distance
___ Tai Sabaki	(aa) No Mind



Budo

The Principle of *Budo* means: