

KARATE-DO

“The Way of Empty Hand”

*H*itotsu: Refrain...

*H*itotsu: Respect...

*H*itotsu: Seek...

*H*itotsu:

*H*itotsu: Be...

- The **two cultures / countries** which contributed to the **formation of Shuri-Ryu**:
- The **23 Characteristics** of Shuri-Ryu are (use back of sheet for more room):

- The color of belt that I wear is:
- In Japanese, **my rank** is:
- This is how you **count (20-30)** in Japanese:
-
- **The Kata** which **I work** is:
- The **Interpretation** is:
- **The Kiai** in the kata is:
- We practice **Kuzushi** when we _____ wrestle.

- The _____ principle is a way to kuzushi.
- **All Kata** begin and end with:
- What is meant by **Kuzushi**:
- Ippon Kumite Kata (**Ippons**) display two things (principles):
- Describe **Ippon #5**:
- Taezu Nara Waza (**Taezus**) display two things (principles):
- Describe **Taezu #2**:
- Describe **Self Defense #3**: (Name-_____)
- In a **Side Kick**, the _____ is high and the part of the foot that hits the target is the:
- In a **Roundhouse Kick**, the parts of the foot that hit the target are the:

Match:

- | | |
|--------------------|-----------------------|
| ___ Yoi | (A) High |
| ___ Kiba (Dachi) | (B) Praying Position |
| ___ Jodan | (C) Edge Of Hand |
| ___ Gedan | (D) Middle |
| ___ Mokuso | (E) Side (Kick) |
| ___ Shuto | (F) Roundhouse (Kick) |
| ___ Chudan | (G) Ready |
| ___ Yoko (Geri) | (H) Meditate |
| ___ Tetsui | (I) Low |
| ___ Gasho | (J) Horse (Stance) |
| ___ Mawashi (Geri) | (K) Hammer-Fist |