

# KARATE-DO

## *“The Way of Empty Hand”*

*K*arate Begins And Ends With:

*A*ctions Have:

*W*e Must Be:

*W*e Lead By:

*T*here Is No Excuse For:

- *The reason I want to take Karate is:*
- The **type** of **Karate** that I take is:
- 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 **respect/courtesy with the entire body** is to:
- I **bow** when:
- The **honorary place in dojo** (bow at beginning and end of class):
- 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:

- 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:
- **Kata** stands for:
- **The Kata** which I work is:
- The “**Math**” sign that it makes is:
- There are \_\_\_\_\_ blocks and \_\_\_\_\_ punches in this kata.
- In kata, we begin and end with \_\_\_\_\_ in our fingertips.
- Ippon Kumite Kata (**Ippons**) display two things (principles):
- Describe **Ippon #1**:
- Describe **Ippon: #2**
- There are \_\_\_\_\_ **Animal Fists** and they are:
- There are \_\_\_\_\_ stances in **Dachi Kata** and they are:
- Describe **Self Defense #1**: (Name-\_\_\_\_\_)
- **The 5 B’s** are:

### Match:

- |                     |                       |
|---------------------|-----------------------|
| _____ Obi           | (A) Training Hall     |
| _____ Kamiza        | (B) Block             |
| _____ Rei           | (C) Stance            |
| _____ Dachi (Tachi) | (D) Honorary Place    |
| _____ Dojo          | (F) Bow               |
| _____ Kata          | (G) Come To Attention |
| _____ Sensei        | (H) Formal Exercise   |
| _____ Uke           | (I) Teacher           |
| _____ Kiotsuke      | (J) Belt              |