



Yellow Star

Dachi: (Stance)	da chee	weight distribution	foot placement
Haiji Dachi	hi ee gee ready stance shoulder width	50-50	
Zenkatsu Dachi	zen cot sue forward stance toes point straight – feet make a square	70 30	

Uke: (Block)	oo key	description
Jodan Uke	joe don	high block
Gedan Uke	gay don	low block

Uchi: (Strike)	oo chee	description	Where is the strike executed to?
Shuto Uchi	shoe toe	knife hand strike	
Uraken Uchi	ur a ken	back fist strike	

Tsuki: (Punch)	zoo key	description
Seiken Tsuki	say ken	straight punch

Geri: (Kick)	gary	description	Name the part of the foot used for each kick.
Mae Geri	my	front kick	

Performance:		Write a translation for each performance skill.
Waza	Ippon #1	
Kumite	Haiji Dachi – Uraken Uchi	
Kogeki Ho	#1	

Knowledge

What does <i>karate</i> mean?	
What is <i>karate-do</i> ?	
Vocabulary	
Gi	
Obi	
Dojo	
Sensei	
Dachi	
Uke	
Uchi	
Tsuki	
Geri	
Jodan	
Gedan	
Mae	
Kumite	
Ippon	
Dojo Kun (School Creed)	
I shall be loyal to the school and the art it teaches.	