



# Orange Star

<b>Dachi: (Stance)</b>	<b>da chee</b>	<b>weight distribution</b>	<b>foot placement</b>
Kiba Dachi	key ba horse stance shoulder width plus two fists	50-50	
Shiko Dachi	she ko horse stance (feet out) shoulder width plus two fists	50-50	

<b>Uke: (Block)</b>	<b>oo key</b>	<b>description</b>
Chudan Uke	chew don	middle block

<b>Uchi: (Strike)</b>	<b>oo chee</b>	<b>description</b>	<b>Where is the strike executed to?</b>
Tettui Uchi	te two ee	hammer fist strike	

<b>Tsuki: (Punch)</b>	<b>zoo key</b>	<b>description</b>
Tate Tsuki	tah tay	vertical punch
Gyaku Tsuki	guy a coo	reverse punch

<b>Geri: (Kick)</b>	<b>gary</b>	<b>description</b>	<b>Name the part of the foot used for each kick.</b>
Mawashi Geri	may wash ee	roundhouse kick	

<b>Performance:</b>		<b>Write a translation for each performance skill.</b>
<b>Waza</b>	Ippon #2	
<b>Kumite</b>	Kiba Dachi – Uraken Uchi – Gyaku Tsuki	
<b>Kogeki Ho</b>	#2	

## Knowledge

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Who wrote Ippons?	
What are Ippons run for?	
<b>Vocabulary</b>	
Ippon Kumite Kata	
Chudan	
Gyaku	
Kata	
	One
	Two
	Three
	Four
	Five
	Six
	Seven
	Eight
	Nine
	Ten
<b>Dojo Kun (School Creed)</b>	
I shall be loyal to the school and the art it teaches.	

