



Blue Star

Dachi: (Stance)	da chee	weight distribution	foot placement
Haisuko Dachi	hi sue ko attention stance feet together	50-50	
Fudo Dachi	foo doe formal stance heels touching – toes apart	50-50	

Uke: (Block)	oo key	description
Nagashi Uke	na gosh ee	brush block

Uchi: (Strike)	oo chee	description	Where is the strike executed to?
Ippon Nukite Uchi	ee pon new key tay	One point finger strike	
Nukite Uchi	new key tay	spear hand strike	

Tsuki: (Punch)	zoo key	description
Utski Tsuki	ut ski	inverted punch

Geri: (Kick)	gary	description	Name the part of the foot used for each kick.
Sukuto Geri	sue coo toe	blade edge kick	

Performance:		Write a translation for each performance skill.
Waza	Ippon #3	
Kumite	Kiba Dachi – Kogeki Ho #3 - Uraken Uchi – Gyaku Tsuki	
Kogeki Ho	#3	

Knowledge

Name the three areas that the punches can be executed to. (Japanese terms)		
Name a specific part of the body that is targeted to each area.		
On a separate piece of paper, draw a body and divide it into sections to show the areas in which the blocks cover.		
Vocabulary		
kimi		
kiai		
ki		
hidari		
migi		
Dojo Kun (School Creed)		
I shall conduct myself in a manner which will reflect credit upon myself and society.		