



Green Star

Dachi: (Stance)	Uke: (Block)	Tsuki: (Punch)
Haisuko Dachi	Jodan Uke	Seiken Tsuki
Fudo Dachi	Chudan Uke	Tate Tsuki
Haiji Dachi	Gedan Uke	Utsuki Tsuki
Kiba Dachi	Nagashi Uke	Gyaku Tsuki
Shiko Dachi		
Zenkatsu Dachi		

Uchi: (Strike)	oo chee	description	Where is the strike executed to?
Empi Uchi	emm pee	elbow strike	

Geri: (Kick)	gary	description	Name the part of the foot used for each kick.
Yoku Geri	yo ko	side kick	

Performance:		Write a translation for each performance skill.
Waza	Ippon #4	
Kumite	Kiba Dachi – Kogeki Ho #5 – Maewashi Geri	
Kogeki Ho	#4 and #5	

Knowledge

Who is your <i>sensei</i> ?	
What rank do <i>they</i> hold?	
In the space below, name all the black belts and their rank. (<i>hint: their pictures are displayed in the dojo</i>)	
What is your rank?	
What is the name of your <i>dojo</i> ?	
What is the translation?	
What is your <i>dojo</i> motto?	
Vocabulary	
empi	
yoko	
aje	
shita	
te	
ken	
Dojo Kun (School Creed)	
I shall conduct myself in a manner which will reflect credit upon myself and society.	