



## Purple Star

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<b>Dachi: (Stance)</b>	<b>Uke: (Block)</b>	<b>Tsuki: (Punch)</b>
Haisuko Dachi	Jodan Uke	Seiken Tsuki
Fudo Dachi	Chudan Uke	Tate Tsuki
Haiji Dachi	Gedan Uke	Utski Tsuki
Kiba Dachi	Nagashi Uke	Gyaku Tsuki
Shiko Dachi		
Zenkatsu Dachi		

<b>Uchi: (Strike)</b>	<b>oo chee</b>	<b>description</b>	<b>Where is the strike executed to?</b>
Shote Uchi	show tay	palm heel strike	

<b>Geri: (Kick)</b>	<b>gary</b>	<b>description</b>	<b>Name the part of the foot used for each kick.</b>
Ushiro Geri	you she row	back kick	

<b>Performance:</b>		<b>Write a translation for each performance skill.</b>
<b>Waza</b>	Ippon #5	
<b>Kumite</b>	Kiba Dachi – Kogeki Ho #5 – Maewashi Geri – Uraken Uchi – Gyaku Tsuki	
<b>Kogeki Ho</b>	#6	

# Knowledge

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Who is Mr. Fink's <i>sensei</i> ?	
What rank does he hold?	
Who is Mrs. Fink's <i>sensei</i> ?	
What rank does he hold?	
Who opened the first dojo in the state of Illinois?	
What was the year?	
Where was it located?	
Does it still exist?	
<b>Vocabulary</b>	
yame	
mate	
yoshi	
hajime	
kiolski	
re	
ushiro	
<b>Dojo Kun (School Creed)</b>	
I shall endeavor to live a lifestyle of honor, integrity, and discipline.	