



Brown 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?
Seriyuto Uchi	ser ee o toe	ox jaw strike	sternum

Draw a hand and label each part of the hand with the appropriate strike. (shuto, shote, nukite, ippon nukite, and seriyuto)

Ippon Nukite

Nukite – all fingers combined

Shuto

Shote Seriyuto



Draw a picture of a fist and label the remaining strikes. (tettui and uraken)

Geri: (Kick)	gary	description	Name the part of the foot used for each kick.
Fumikomi Geri	foo me ko me	stomp kick	
Hiza Geri	he za	knee kick	

What would be the need to stomp your attacker?

Performance:		Write a translation for each performance skill.
Waza	Ippon 1 – 5 partner drills	
Kumite	Partner drill – staying side faced to opponent	
Kogeki Ho	#7	

Knowledge

When did you start karate?	
When did Mr. Fink start karate?	
When did he earn his Sho Dan?	
When did Mrs. Fink start karate?	
When did she earn her Sho Dan?	

Vocabulary

hiza	
ashi	
kihon	
tori	
uke (not block)	

Dojo Kun (School Creed)

I shall endeavor to live a lifestyle of honor, integrity, and discipline.