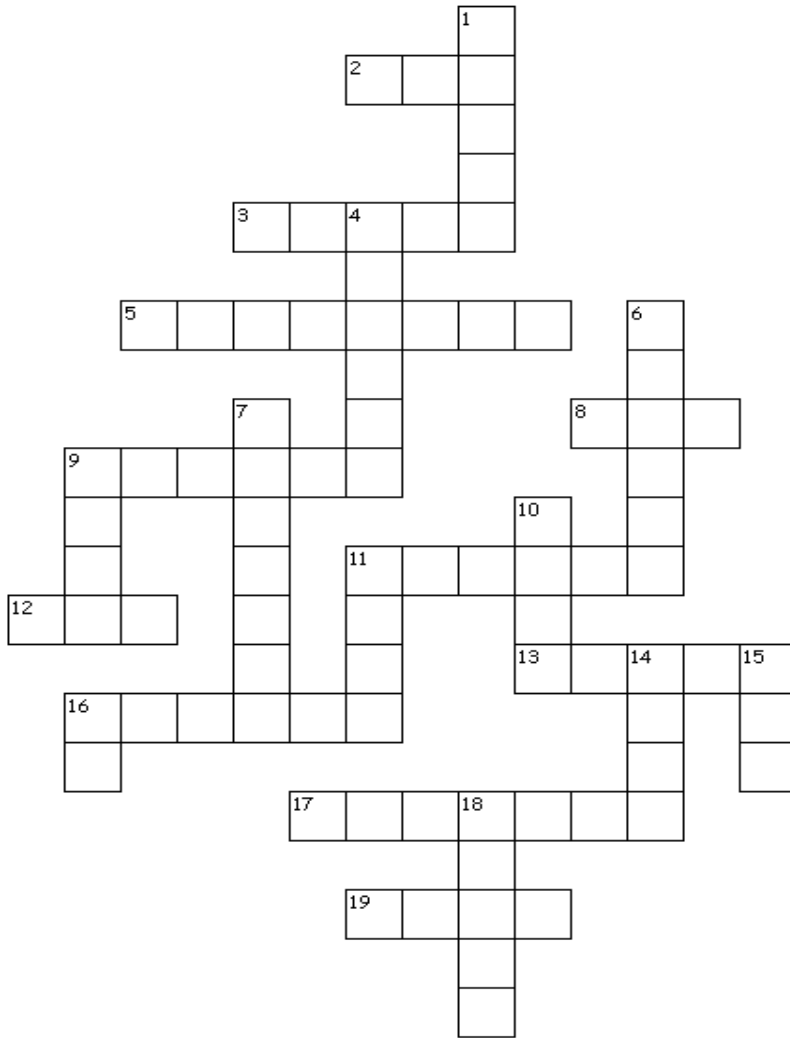


Shichikyu - Orange Belt Study Guide

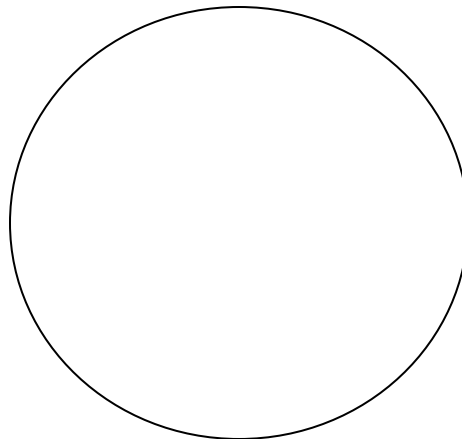
I. Vocabulary:



- Across
- 2. arm
 - 3. hip/ball of foot
 - 5. ankle
 - 8. fist
 - 9. heel
 - 11. sparring
 - 12. body
 - 13. head
 - 16. wrist
 - 17. toe
 - 19. elbow

- Down
- 1. finger
 - 4. edge of the foot
 - 6. forearm
 - 7. instep
 - 9. form/shoulder
 - 10. knee
 - 11. neck
 - 14. foot/leg
 - 15. chin
 - 16. hand
 - 18. one point

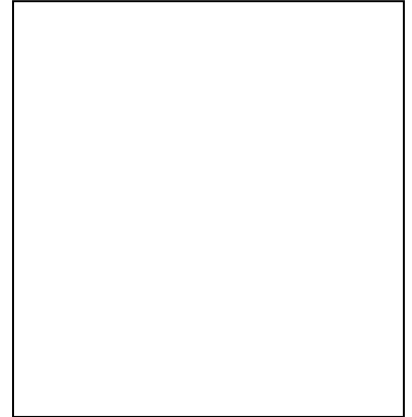
II. Draw your dojo patch and describe the meaning of each element and color:



- a. Black outer ring: _____
- b. Red sun: _____
- c. Samurai figure: _____
- d. Altar: _____
- e. Red: _____ f. White: _____ g. Black: _____

III. Taikyoku History:

1. What does taikyoku mean? _____
2. What else is it known as? _____
3. Draw the embusen of taikyoku in the box to the right.
4. Is taikyoku a kata? _____
5. How many taikyoku are there? _____ How many do we run? _____
6. Who created taikyoku? _____
7. What is its country of origin? _____
8. When did it circulate? _____
9. How many movements does it contain? _____
10. How many attackers? _____



IV. What does *Kosho-kai Karate* mean?

Or
