

# Gokyu - Green Belt Study Guide

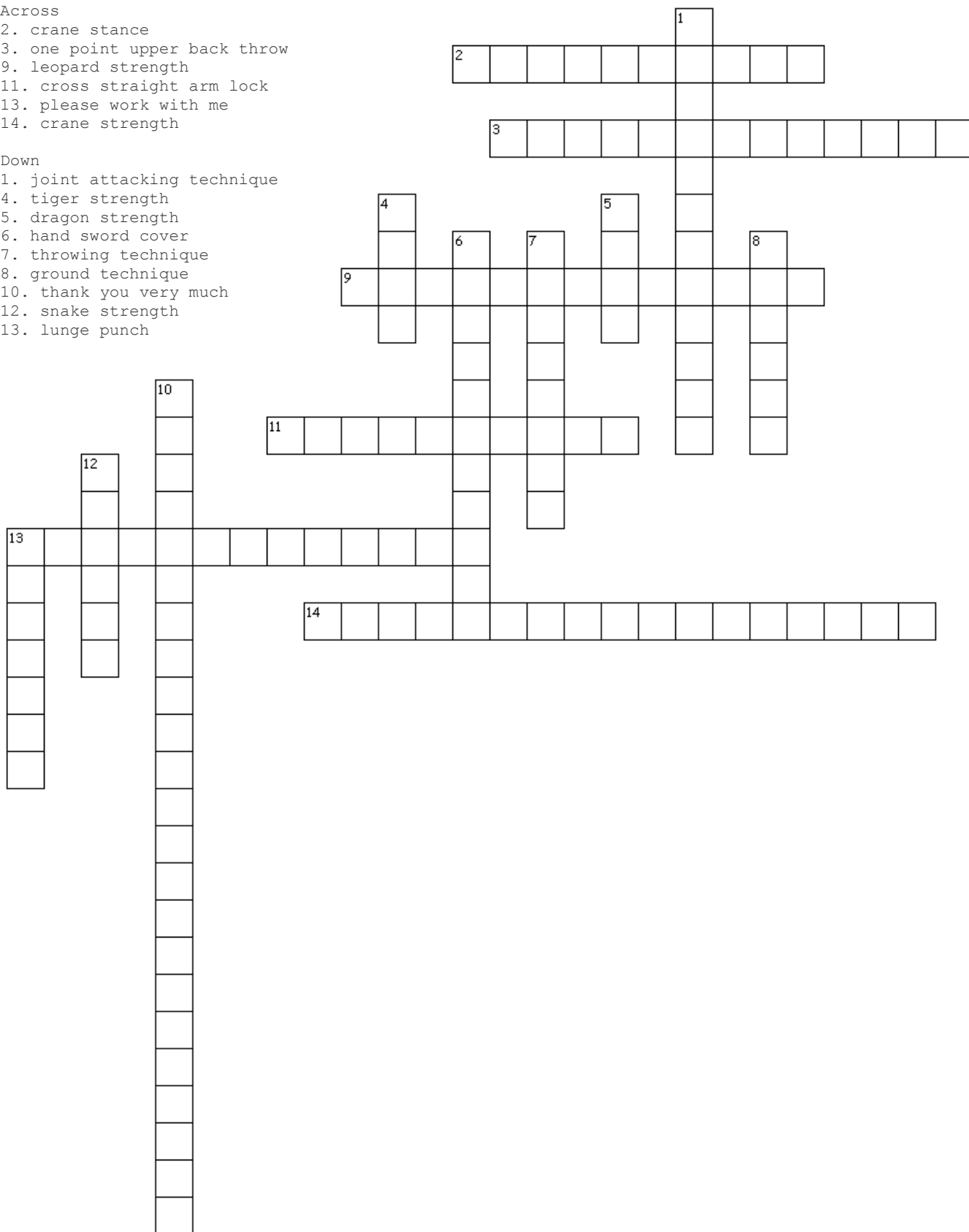
## I. Vocabulary:

Across

- 2. crane stance
- 3. one point upper back throw
- 9. leopard strength
- 11. cross straight arm lock
- 13. please work with me
- 14. crane strength

Down

- 1. joint attacking technique
- 4. tiger strength
- 5. dragon strength
- 6. hand sword cover
- 7. throwing technique
- 8. ground technique
- 10. thank you very much
- 12. snake strength
- 13. lunge punch



## II. History of karate in Japan:

- a. Who is the Father of Japanese Karate? \_\_\_\_\_
- b. When did he formally introduce karate in Japan? \_\_\_\_\_
- c. What is the name of his style? \_\_\_\_\_
- d. Who is the founder of Wado ryu? \_\_\_\_\_
- e. Who is the founder of Shito ryu? \_\_\_\_\_
- e. Who is the founder of Japanese Goju ryu? \_\_\_\_\_
  
- f. Write the kanji for empty hand.

## III. Anaku History:

- a. What does Anaku mean? \_\_\_\_\_
- b. When did Anaku circulate? \_\_\_\_\_
- c. Where did it originate? \_\_\_\_\_
- d. Draw the embusen in the box to the right.
- e. How many movements are in Anaku? \_\_\_\_\_
- f. How many attackers? \_\_\_\_\_
- g. What is the spiritual interpretation of Anaku?  
\_\_\_\_\_  
\_\_\_\_\_
- h. What is the hidden physical movement? \_\_\_\_\_
- i. Who reorganized the kata? \_\_\_\_\_
- j. When? \_\_\_\_\_

