

Tenth Kyu Terminology

MATCH UP

Instructions: Match up the Japanese terms to the diagram. Match up the diagram to the English terms.

Gedan Barai Uke



Upper Block

Heiko Dachi



Straight Punch,
Natural Stance

Zenkutsu Dachi



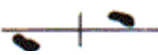
Low Forearm Block

Age Uke



Parallel Stance

Choku Zuki, Shisentai



Front Stance

Gyaku Zuki



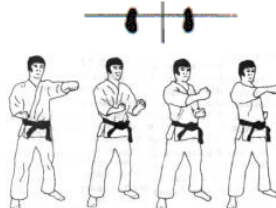
Front Kick

Oi Zuki

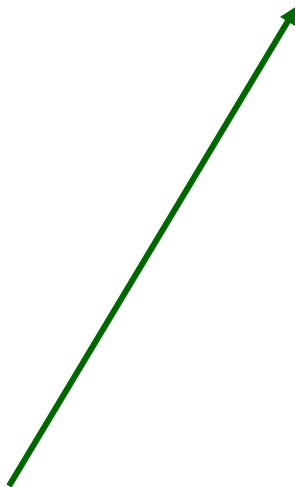
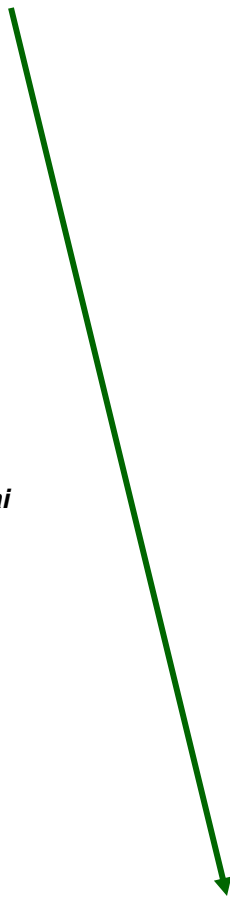


Lunge Punch

Mae Geri



Reverse Punch



Ninth Kyu Terminology

MATCH UP

Instructions: Match up the Japanese terms to the diagram. Match up the diagram to the English terms.

Kiba Dachi



Horse Riding Stance

Uchi Uke



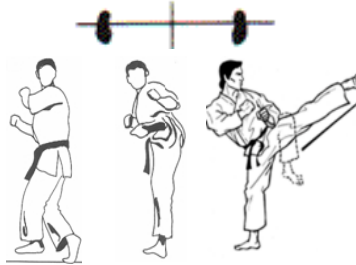
Side Snap Kick

Yoko Geri Keage



Outside block

Soto Ude Uke



Inside Block

Eighth Kyu Terminology

Shuto Uke



Downward Hammer Fist

Tettsui Uchi



Knife Hand Block

Kokutsu Dachi



Back Stance

Beginners: Stances

MATCH UP

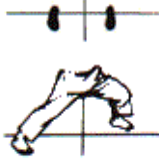
Instructions: Match up the Japanese terms to the diagram. Match up the diagram to the English terms.

Kokutsu Dachi



Horse Riding Stance

Kiba Dachi



Back Stance

Heiko Dachi

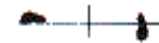


Parallel Stance

Zenkutsu Dachi



Front Stance



Beginners: Blocks

Uchi Uke



Upper Block

Gedan Barai Uke



Outside block

Soto Ude Uke



Inside Block

Age Uke



Low Forearm Block

Shuto Uke



Knife Hand Block

Beginners: Locations & Sides

MATCH UP

Instructions: Fill in the blank with the Japanese term AND its translation.

Chudan

Left side



Lower Level

Migi

Jodan

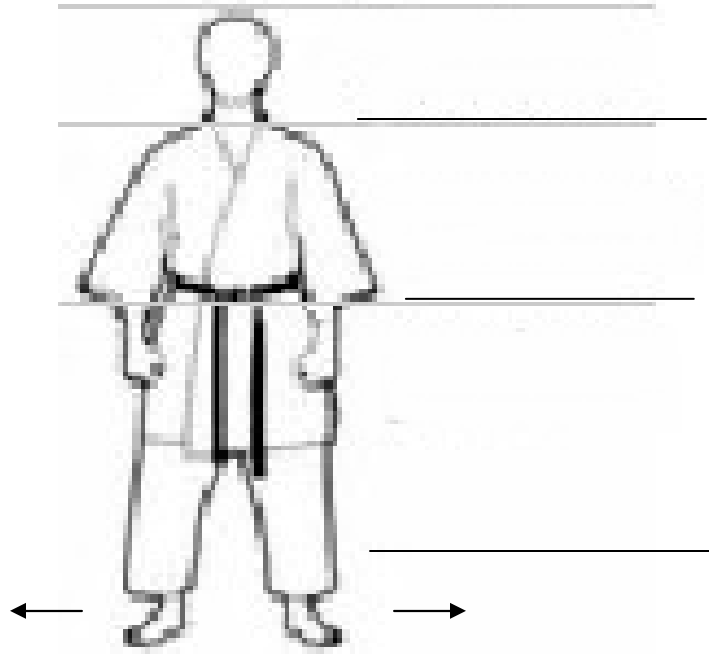
Upper Level

Gedan

Right side

Hidari

Middle Level



Beginners: Strikes and Kicks

Instructions: Match up the Japanese terms to the diagram. Match up the diagram to the English terms.

Gyaku Zuki



Side Snap Kick

Oi Zuki



Front Kick

Yoko Geri Keage



Lunge Punch

Mae Geri



Reverse Punch

Word Search - Japanese Terms

A	M	N	I	A	T	L	L	X	K	X	O	N	L
Z	E	Z	B	W	G	G	T	Y	K	U	Y	G	L
O	U	W	X	N	C	E	D	M	G	I	Z	Z	J
T	J	C	P	X	M	X	M	A	E	J	Y	S	H
E	P	E	H	K	B	M	V	M	R	W	S	O	W
T	O	I	W	I	U	U	X	E	I	X	X	T	G
T	Q	V	U	B	S	N	S	Z	X	W	X	O	G
S	I	D	N	A	T	L	H	W	U	J	G	H	G
U	K	E	W	Y	U	U	U	I	O	K	M	W	I
I	G	P	I	M	K	Y	T	V	E	P	I	H	I
U	D	I	Q	Y	O	K	O	N	Z	M	C	G	A
F	H	G	Y	A	K	U	K	R	K	A	T	V	X
N	Z	X	B	J	O	R	D	P	D	F	J	Q	R
F	Y	Z	E	N	K	U	T	S	U	B	I	S	E

Find the terms in black in the word search. Translate the full term (black and grey words).

mae geri _____

mae geri _____

kiba dachi _____

uchi uke _____

yoko geri _____

soto ude uke _____

shuto uke _____

kokutsu dachi _____

age uke _____

gyaku zuki _____

zuki _____

oi zuki _____

tettsui uke _____

uke _____

dachi _____

zenkutsu dachi _____