

# CLUES

## Across

1. Wooden bars joined by rope or chain
4. Number 1
9. Our style of karate
13. Red
15. \_ \_ \_ \_ Ryu is another style of karate
17. "Empty hand" is our martial art
18. Chin or upper level when blocking, punching or kicking
20. \_ \_ \_ \_ ashi dachi means cat stance
21. A group of 2 advanced kata meaning to view the sky
22. Number 9
23. Elbow
24. Block
26. Knife hand
28. Scooping block from Bassai Dai
30. Teacher
32. The white suit
33. \_ \_ \_ \_ dachi means horse riding stance
35. In shobu \_ \_ \_ \_ \_ kumite, the first person to score 1 point, wins
37. A short shout to scare your opponent
38. Number 4
39. \_ \_ \_ \_ \_ uke means swastika block
41. \_ \_ \_ \_ \_ ari means winner during a kumite shobu
42. Lower level when blocking, punching or kicking
44. 6 foot staff
45. \_ \_ \_ \_ \_ shodan is the grading kata to earn a brown belt
46. Gichin \_ \_ \_ \_ \_ \_ \_ \_ \_ was the founder of Shotokan Karate
50. \_ \_ \_ \_ \_ gamae means fighting stance
52. \_ \_ \_ \_ \_ ude uke means outside forearm Block
53. Bow
55. Number 6
56. Kick [Did you know: if 'kick' is the second word of a phrase, the first letter changes to a g... e.g. Mae g\_ \_ \_?]
58. Reaction hand
61. This brown belt kata's name means 'to storm a fortress'
64. Blue
65. Number 7
66. Vertical position of hand (e.g. in shuto)
67. \_ \_ \_ \_ \_ \_ \_ \_ dachi means hourglass Stance
68. \_ \_ \_ \_ \_ ude uke means inside forearm block
69. \_ \_ \_ \_ \_ \_ \_ geri means back kick
70. Big version (e.g. Bassai \_ \_ \_)

## Down

2. Back-fist strike
3. Group of 5 kata used to grade from 9<sup>th</sup> – 4<sup>th</sup> kyu
5. Chest or mid level when blocking, punching or kicking
6. Competition
7. Karate\_ \_ means empty hand way
8. Training hall
10. Punch
11. \_ \_ \_ \_ \_ \_ \_ \_ dachi means back stance
12. The Japanese word meaning Japan
14. Our club name
16. A shorter staff than a bo staff
19. Spear hand
21. Any grade below black belt
25. Pairwork or sparring
27. Start or Begin
29. Wedge block from Heian Yondan
30. Small version (i.e. Kanku \_ \_ \_)
31. Right (direction)
34. \_ \_ \_ \_ \_ Anko, one of Gichin Funakoshi's teachers
36. Number 2
37. Basic
40. Number 10
42. Number 5
43. Stance
44. Martial Arts
47. Simultaneous scoring
48. Stepping (i.e. stepping punch)
49. Number 8
51. Roundhouse (when kicking)
54. The starting line of a kata
57. \_ \_ \_ \_ \_ Anko, Gichin Funakoshi's other teacher
59. Choreographed patterns of movement to help remember techniques
60. Hammer fist
62. Number 3
63. White