

intro 1 - red and white

Name: _____

date: _____

Etiquette

Standing bow	
From standing to seiza	
Sitting bow	
From seiza to standing	
"Ossu Sensei!"	
"Ossu Sempai!"	

Kihon

musubi-dachi (heels together, toes apart)	
heiko-dachi (feet parallel at shoulder width)	
Kyotsuke! (Come to attention)	
Yoi! (Ready!)	
Hajime! (Begin!)	
Yame! (Stop!)	
zenkutsu-dachi (front stance)	
jun-tsuki (stepping punch in front stance)	
gedan-barai (downward block)	
age-uke (upward block)	
uchi-uke (inward stomach block)	
mae-geri (front snapping kick)	

overall: _____