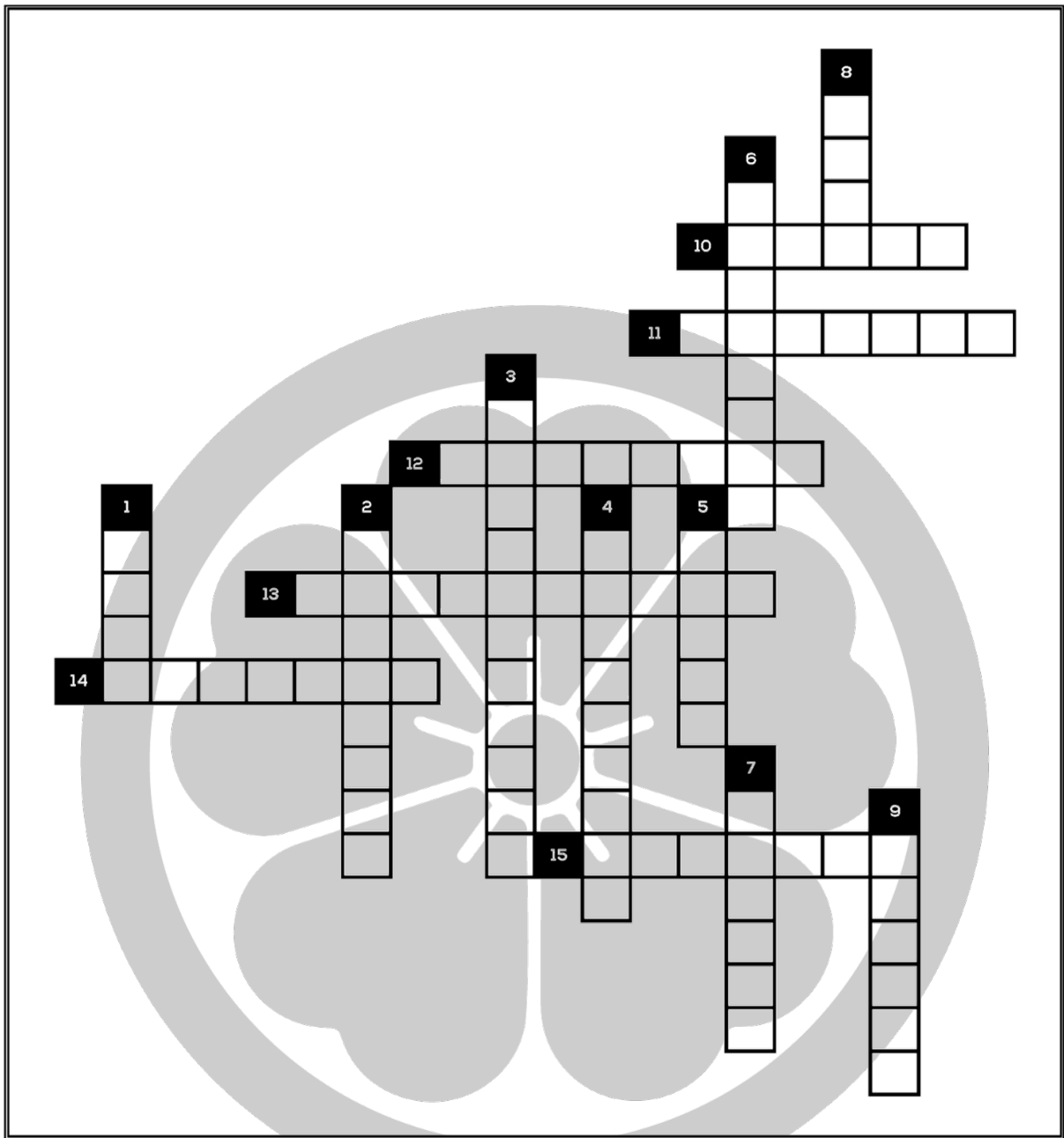




Form N° J-2.3 CROSS WORDS The Kihon





Form N° J-2.3 CROSS WORDS The Kihon

Word definitions :

Vertical		Horizontal	
1	DACHI : Rooted stance (between Zen kutsu and Kokutsu)	10	Forward tai sabaki
2	DACHI : Front stance : Front leg bent, rear leg straight	11	Front kick
3	Upper level defense movement with the arm	12	Flying front kick
4	Avoid	13	Low level defense movement with the arm
5	UCHI : Ridge-hand strike	14	Lunge punch
6	Knee kick	15	DACHI : Back stance 70% of the body weight on the back leg.
7	Spear hand		
8	KAMAE : Right guard		
9	UCHI : Back fist strike		