

CURRICULUM REQUIREMENTS

Kukyu / White Belt, 1 Stripe



Movement

- Step
- Slide

Punches

- Reverse Punch

Kata (Form)

- Sanchin

Terminology & Culture

- See Questions & Answers Below

What does the word "karate" mean?	Empty handed
What is the name of the karate practice hall?	Dojo
What is a karate uniform called?	Gi
What is the name of a karate belt?	Obi
What does the word "sensei" mean?	Teacher (One who has walked before)
How do you say, "attention stance" in Japanese?	Musubi Dachi
How do you say, "parallel stance" in Japanese?	Heiko Dachi
How do you say, "come to attention" in Japanese?	Kiotsuke
How do you say, "bow" in Japanese?	Rei
What does a bow symbolize in karate?	Respect
How do you say, "circle block" in Japanese?	Mawashi Uke
What is a "reverse punch" in Japanese?	Gyaku-Zuki
What does "Sanchin" mean in English?	Three Conflicts
What is a "spear hand strike" in Japanese?	Nukite
What is a "2-handed circle block" called in Japanese?	Wa-Uke
What is your current rank?	Jukyu
What rank are you testing for?	Kukyu