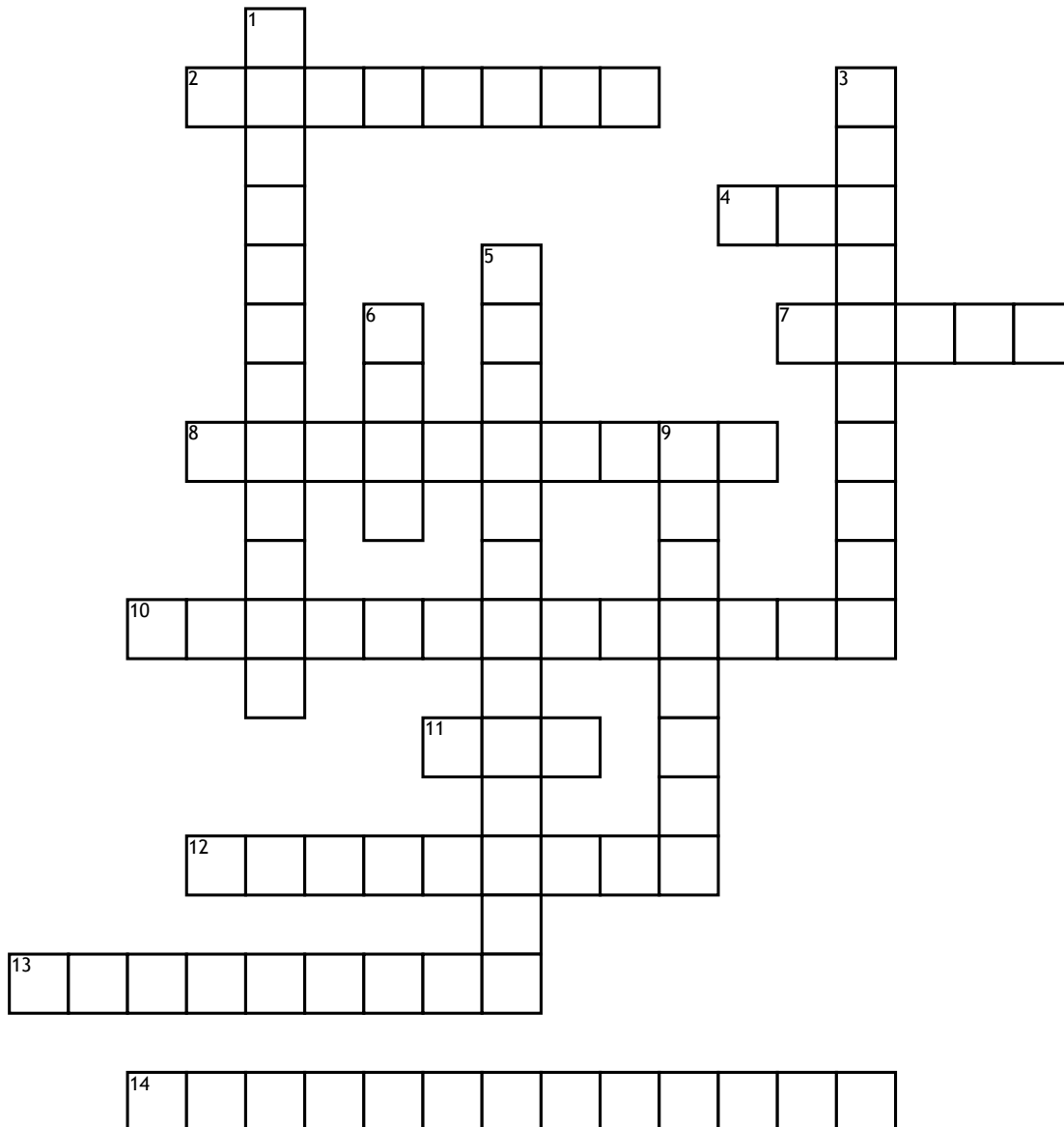


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# 8and7



## Across

2. One more time

4. Crest

7. International Okinawan Goju Ryu Karate-do Federation

8. Parallel stance

10. Cat foot stance

11. Block

12. Tiger mouth block

13. Triple block

14. Middle level short punch

## Down

1. Upper cut

3. Triple punch

5. Middle level pulling block

6. Punch

9. Knee kick