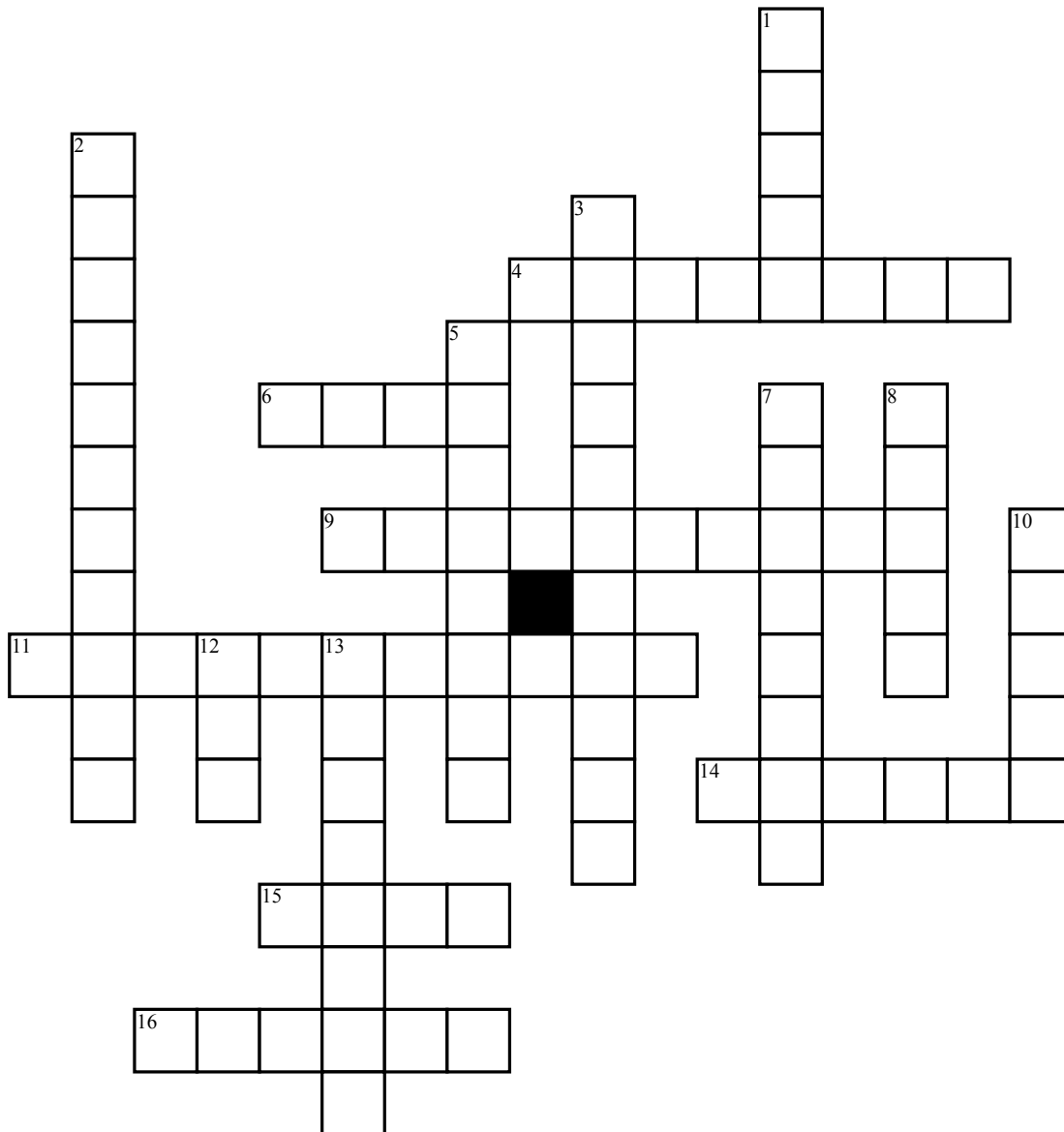


Kenpo Karate Terms



Across

- 4.** A kick aimed behind the kicker
6. Position on the clock that is directly to your left
9. A wrestling hold gained from behind an opponent by thrusting arms under the opponent's arms and clasping hands behind opponent's head
11. A stance in which it looks as if you are riding a horse
14. Position on the clock that is directly in front of you

15. The action of hitting something with your foot

16. An exercise in which the participant lets their body down to the ground and pushes it back up using their core muscles.

Down

- 1.** The act of preventing someone/something from hitting you
2. Blocking across your body using your forearm
3. A punch with the back of the hand - uses a certain joint

5. A strike using the heel of your palm

7. A block in which you are pushing something down with your palm

8. A quick blow with the fist

10. Position on the clock that is directly to your right

12. Position on the clock that is directly behind you

13. A punch aimed exactly forward (_____ punch)