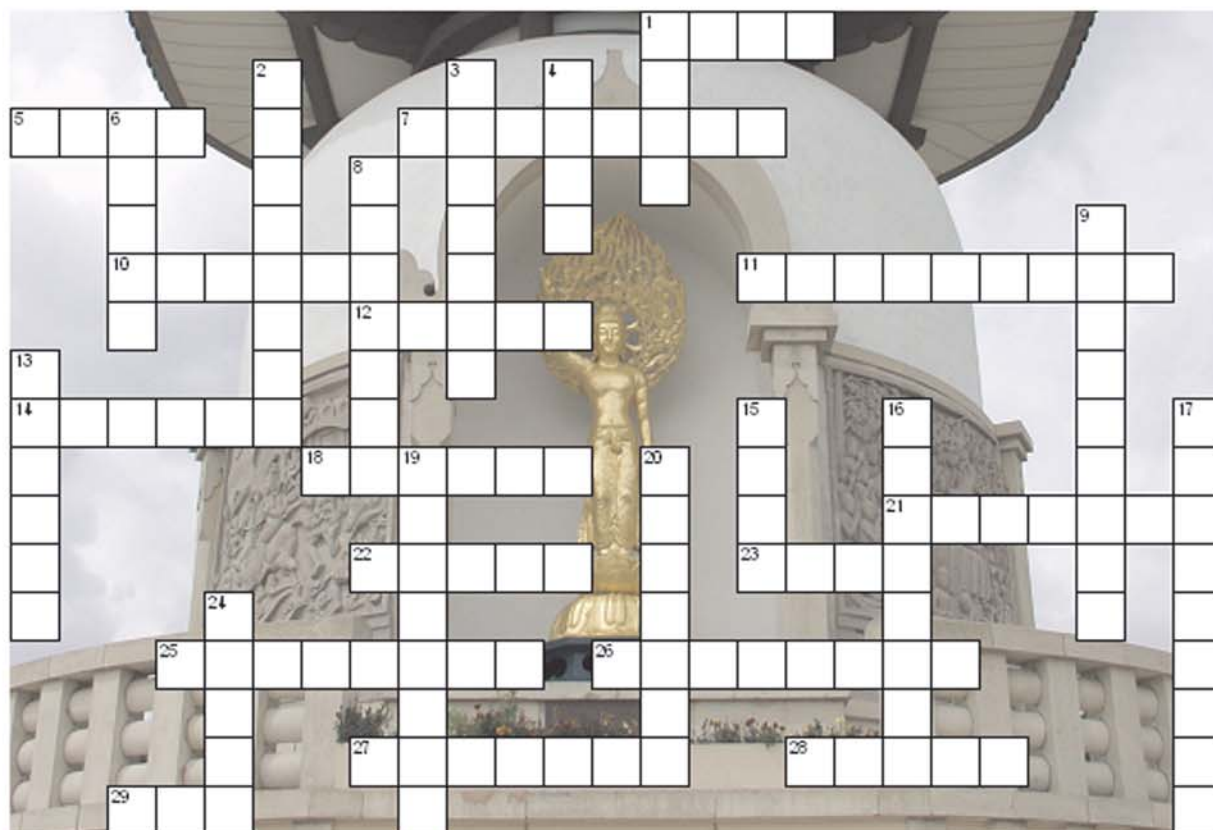


## GKR STANCE PUZZLE

Test your knowledge of stances, their uses and the kata they are found in  
 Note - You do not have to add the word "stance" or its Japanese equivalent to every answer, so forward stance would be shortened to "forward"  
 Answers required in English (E) or Japanese (J)



### Across

1. (J) A stance in Bassai Dai that is also the name of one of our advanced blocks
5. (E) What does mawate mean?
7. (J) Propped stance (found in kata Empi)
10. (J) Left
11. (J) See 22A
12. (J) You would expect to see this stance at a Basho
14. (J) This stance, found in Kanku Dai, is named after the Japanese character it resembles
18. (J) The stance from which we bow
21. (J) The opposite of forward stance

### Down

1. (J) The name for the family of cross-legged stances
2. (J) Sliding foot movement
3. (J) Should this stance be eating bread in Trafalgar Square?
4. (J) Giddy up and go sideways!
6. (E) Migi
8. (J) Heels and toes together stance
9. (J) Natural stance
13. (E) What colour belt will adults probably be when they first learn sumo stance in a kata?
15. (E) What does "han" mean?
16. (J) The Goju version of back stance
17. (E) Another name for 3D

### Across

22. (J) This person who founded Goju Kai, was famous for his love of cat stance 22A & 11A)
23. (J) Immovable stance
25. (E) What does han getsu mean?
26. (J) One of the few stances found in both karate styles that make GKR
27. (J) Crane-on-a-rock stance (found in Empi and Karate Kid!)
28. (J) The stance we stand in during line drills
29. (E) How many GKR kata share their name with the main stance in the kata?

### Down

19. (J) From which style of karate do we take back stance?
20. (J) Name the kata that finishes in sumo stance
24. (J) Assume a combat posture