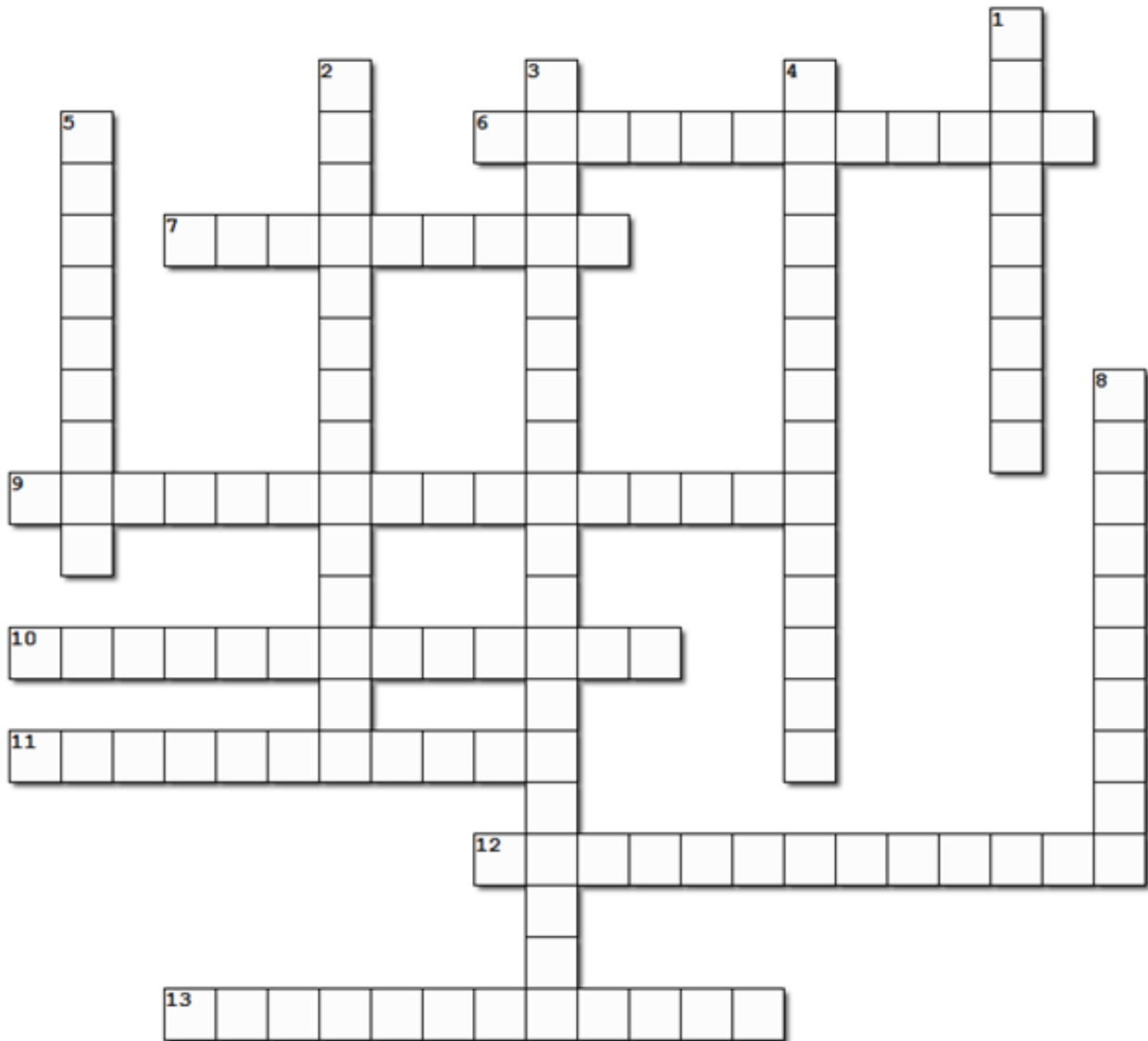




KAZEN KAI MARTIAL ARTS KARATE CROSSWORD

YELLOW BELT AND ORANGE BELT



ACROSS:

- 6. Stamp Kick to Instep
- 7. Straight Punch to Chest
- 9. Chop to Collar Bone
- 10. Strike to Sternum
- 11. Hammer Fist Strike to Forehead
- 12. Short Stance
- 13. Face Kick

DOWN:

- 1. Assisted Block
- 2. Chop to Below Hip
- 3. Second Kata
- 4. Crane Stance
- 5. Straddle Stance
- 8. Kick Under Jaw

IF YOU'RE MISSING TRAINING, CHECK OUT SOME
OF OUR ONLINE TRAINING SESSIONS ON:

YOUTUBE KAZEN KAI
FACEBOOK @KAZENKAI
INSTAGRAM @_KAZENKAI