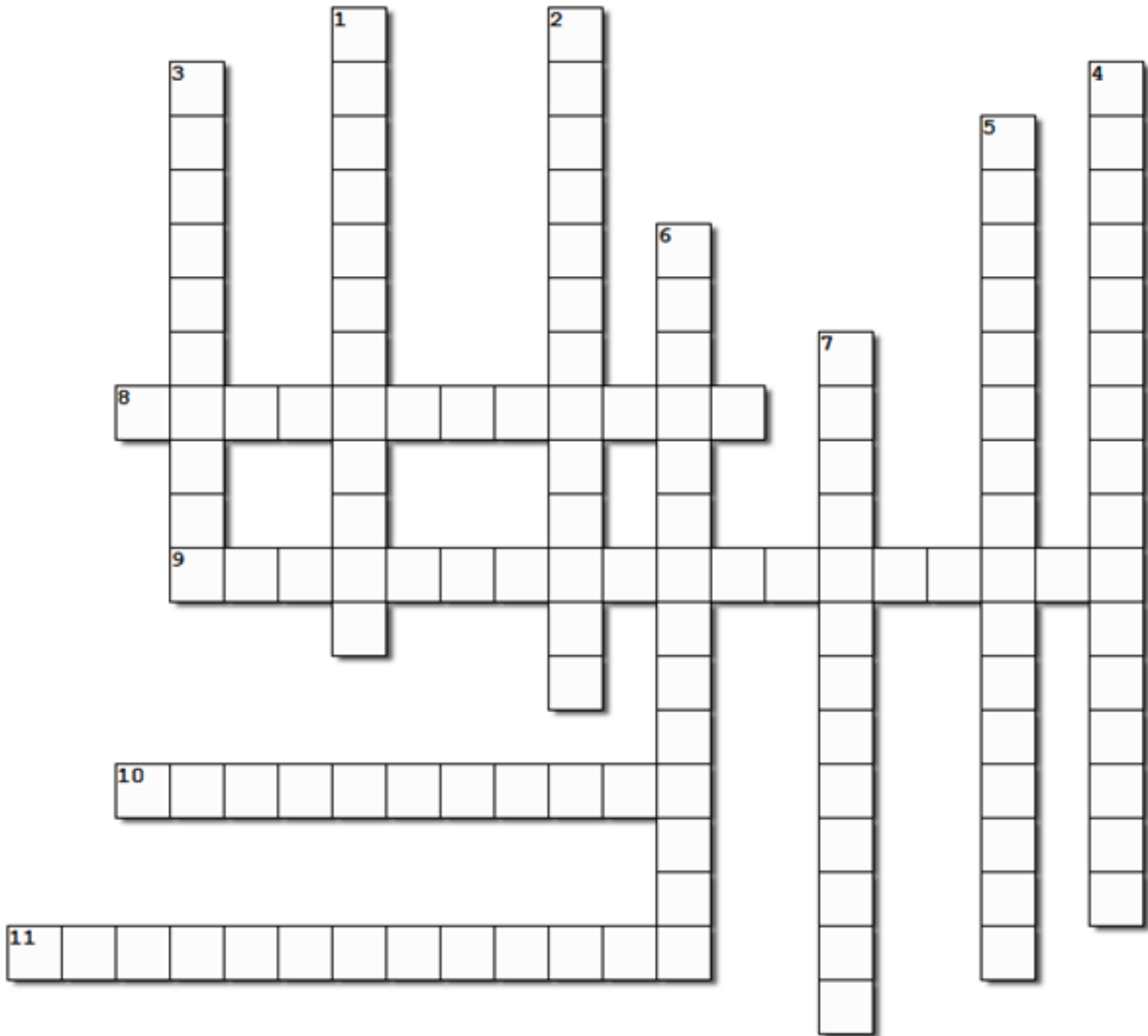




KAZEN KAI MARTIAL ARTS KARATE CROSSWORD

BLUE BELT AND BROWN STRIPE



ACROSS:

8. Seventh Kata
9. Double Kick to Mid-section
10. Strike to Jaw with back of Hand
11. Side Kick to Face

DOWN:

1. Eighth Kata
2. Lower-level open Palm Block
3. Strike to the Temple with Thumb
4. Back Kick
5. Round house lower Block
6. Strike with side of Hand to the Jaw
7. Strike with mid-knuckles to Solar Plexus

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

YOUTUBE KAZEN KAI
FACEBOOK @KAZENKAI
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