

KUNG FU KNOWLEDGE

DEFINITION / SYMBOLIZES

1. Bowing	Respect
2. Sensei	Teacher
3. Dojo	Training hall
4. Tiger in the Cage	Everything you learn / control
5. Kiai	Spirit shout
6. Kung Fu Animal: Tiger	Power and tenacity
7. Kung Fu Animal: Leopard	Speed and footwork
8. Kung Fu Animal: Snake	Inner strength
9. Kung Fu Animal: Crane	Balance
10. Kung Fu Animal: Dragon	Wisdom
11. Karate	Empty hand
12. Kung Fu	Great skill
13. Kempo	Law of the fist
14. Shaolin	Little forest
15. Sempai	Highest belt in class
16. Logo patch: White color	The beginning
17. Logo patch: Black color	The journey
18. Logo patch: Red color	Mastery
19. Logo patch: Two Chinese characters	Peace and Harmony
20. Logo patch: Yin Yang	Opposites
21. 10 Principles: Character	The qualities that sum up who you are
22. 10 Principles: Compassion	Love and Kindness
23. 10 Principles: Discipline	Listening and Following directions
24. 10 Principles: Effort	Always doing your best
25. 10 Principles: Etiquette	Good manners
26. 10 Principles: Humility	Not bragging or boasting
27. 10 Principles: Integrity	Being honest
28. 10 Principles: Patience	Waiting without complaining
29. 10 Principles: Respect	Treating things and others the way you would like to be treated
30. 10 Principles: Self control	Having control of your actions and emotions
31. Bunkai	Application
32. Chi	Energy
33. Jiu-jitsu	Gentle art
34. Red belt	Assistant Sensei
35. Sanchin	Hourglass
36. 3 Rules of Concentration: Focus your eyes	Where you are going
37. 3 Rules of Concentration: Focus your mind	Paying attention
38. 3 Rules of Concentration: Focus your body	Being in the right position
39. Kata or Form	Martial Arts techniques that are performed in a certain pattern
40. Kneel and meditate	To clear our mind
41. Ma bu	Horse stance
42. Gong bu	Bo stance
43. Pu bu	Leaning stance
44. Cha bu	Cross stance
45. She bu	Cat stance