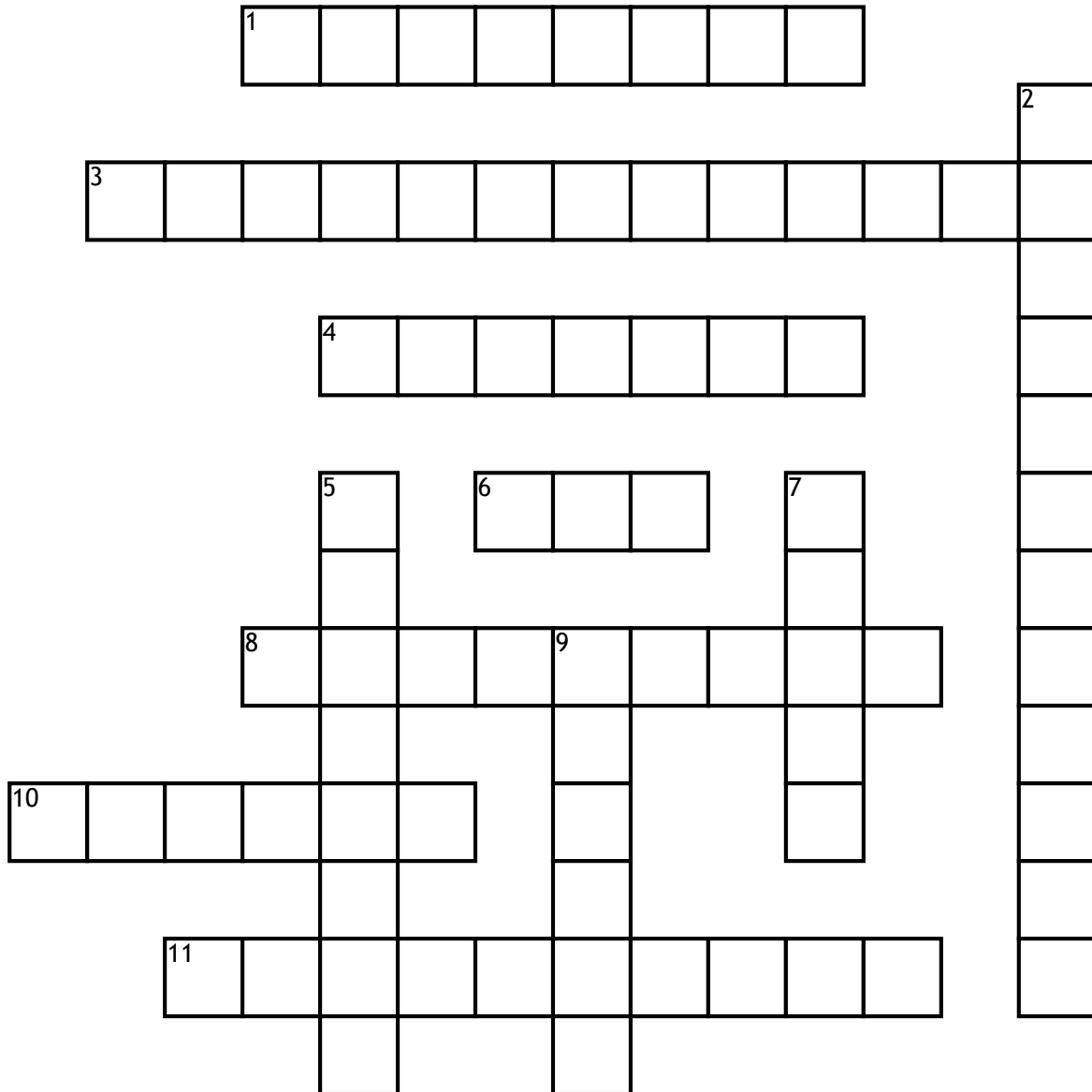


Name: _____

Date: _____

Vocab Quiz #1-B



Across

- 1. Mass moving forward or backward
- 3. Use opponents force to enhance yours (two words)
- 4. Mass settling
- 6. Method of Execution
- 8. Stance with a 10/90 weight distribution (two words)

10. Upward, inward & outward are types of

11. Following the body to a target

Down

- 2. Technique- hammer, kick whip (two words)
- 5. Following a limb to the target
- 7. Front, Round & Side are the three basic whats
- 9. Mass rotating or twisting