



ACROSS

- 5 Place of Karate Practice (JP)
- 8 Masahiko...
- 10 Free Sparring
- 12 Kata Path (JP)
- 14 Author of "Moving Zen"
- 15 Controlled Stop of a Punch (JP) (2 Words)
- 17 Highlight of Unsu (Eng)
- 18 Karate Teacher (JP)
- 20 Wintertime Training (JP)
- 22 "Seek Perfection of ..."
- 24 Color of Your First Belt in Shotokan
- 26 Author of "Spirit of the Empty Hand"
- 27 Striking Post (JP)
- 28 Main Shotokan Organization Before the Multiple Splits (Initials)
- 29 Number of Chinese Characters in the Word Karate
- 30 The Last Shogun
- 31 Founder of Modern Shotokan Karate

DOWN

- 1 Judo's Jigoro
- 2 Japanese Wooden Sword
- 3 Obi (ENG)
- 4 Author of "Zen in the Martial Arts"
- 6 Stop (JP)
- 7 Author of "The Spirit of Zen"
- 9 Rising Block (JP) (2 Words)
- 11 Meditation at Start of Karate Class (JP)
- 13 Founder of Aikido
- 16 Author of "Best Karate" series
- 19 "Karate ni Sente" (JP)
- 21 Author of "Zen And The Art of Motorcycles"
- 23 Still Located in Ebisu/ Tokyo
- 25 Meaning of "kara" in Karate (ENG)