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| **Across****2.** One more time**4.** Crest**7.** International Okinawan Goju Ryu Karate-do Federation**8.** Parallel stance**10.** Cat foot stance**11.** Block**12.** Tiger mouth block**13.** Triple block**14.** Middle level short punch | **Down****1.** Upper cut**3.** Triple punch**5.** Middle level pulling block**6.** Punch**9.** Knee kick |