

Name \_\_\_\_\_

# Yellow / White Belt Written Test

1. What type of Martial Art do you study? \_\_\_\_\_.
2. What does karate mean? \_\_\_\_\_.
3. What country does karate come from? \_\_\_\_\_.
4. What are the three rules of karate?
  - i. \_\_\_\_\_.
  - ii. \_\_\_\_\_.
  - iii. \_\_\_\_\_.
5. What part of the hand do you punch with?  
\_\_\_\_\_.
6. Do the following blocks come from the inside or outside?  
Down-Block \_\_\_\_\_.  
Head-Block \_\_\_\_\_.  
Side-Block \_\_\_\_\_.
7. What are the four motions of a kick \_\_\_\_\_.
8. What are the four rules for zenkutsu-dachi?
  - i. \_\_\_\_\_.
  - ii. \_\_\_\_\_.
  - iii. \_\_\_\_\_.
  - iv. \_\_\_\_\_.
9. What is the name of your testing kata? \_\_\_\_\_.
10. What does your testing kata mean? \_\_\_\_\_.

*\*Students must turn-in written tests in class before the Saturday karate test.*