

White/Orange Written Test

1. What is a Suwari Geri?
2. What kind of kick is a Sanbon Geri?
(Head Kick or Center Kick)
3. What direction do our feet and hips face in Zenkutsu-Dachi?
4. When stepping into yoi from musubi, what foot moves?
5. What is the name of your testing kata?
6. How many kicks are in a Sanbon Geri, and when do we kiai?
7. What is an udetate seiken, and what are two reasons why we do them?
 - 1.
 - 2.
8. What is a Gedan Barai?

