

White/Yellow Written Test

1. What are the three rules of karate?
 - 1.
 - 2.
 - 3.

2. What are the four stances in Pre Karate, and what do they mean?
 - 1.
 - 2.
 - 3.
 - 4.

3. What is a Tsuki?

4. What is a Geri?

5. Why do we Kiai?
 - 1.
 - 2.

6. How do we say these colors in Japanese?
 1. Red
 2. Blue
 3. White

7. What two knuckles do we use when we punch?

8. What is the name of our karate school?

