

White/Green Written Test

1. What is a Yoko Uke?
2. How do you say these words in Japanese?
 1. Blue
 2. Red
 3. White
 4. Green
3. What are the 4 parts to a Mae-Geri?
 - 1.
 - 2.
 - 3.
 - 4.
4. What is a Yoko Uke, and where does it come from?
5. What is a Gyakuzuki?
6. What do you do when you Mawate?
7. What is a Gedan Barai and where does it come from?
8. What does "Chudan" mean?
9. What are the 3 rules of karate?
 - 1.
 - 2.
 - 3.

