White/Blue Written Test

1. How do we show respect to the dojo and each other?

2. What is your atama?

3. What are the 4 parts to a Mae-Geri?

1. 3.
2. 4.

4. What is a Gedan barai, and where does it come from?

5. How many kicks do we do in a Sanbon Geri?

6. What do these words mean?

Hidari Migi

7. What are the names of your testing katas?

8. What are the 4 rules for zenkutsu-dachi?

1. 3.
2. 4.

9. Why do we cross before we block?

1.
2.