



Katsu Dojo Black Belt Examination

Name: _____

Date: _____

Yellow 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. _____.

Orange / White Belt Written Test

1. What style of karate do you study? _____.
2. Who is the founder of the above karate style? _____.
3. What island in Japan does karate originate? _____.
4. What is a Tsuki? _____.
5. What is a Keri? _____.
6. What does Musubi-Dachi mean? _____.
7. What does Yoi-Dachi mean? _____.
8. What does Zenkutsu-Dachi mean? _____.
9. What does Shiko-Dachi mean? _____.
10. What does Hanzenkutsu-Dachi mean? _____.
11. What does Neko Ashi-Dachi mean? _____.
12. What is Kosa-Dachi mean? _____.
13. What are the five Katsu Dojo Virtues?
 - i. _____.
 - ii. _____.
 - iii. _____.
 - iv. _____.
 - v. _____.

Orange Belt Written Test

1. What does udetate seiken mean? _____.
2. What does suwari-geri mean? _____.
3. What does heisoku-dachi mean? _____.
4. What does gyaku-zuki mean? _____.
5. What does awase-zuki mean? _____.
6. What is an empi? _____.
7. What are the three reasons that we kiai?
 - i. _____.
 - ii. _____.
 - iii. _____.
8. What is a gedan-barai? _____.
9. What is an age-uke? _____.
10. What is a yoko-uke? _____.
11. What are the following body parts?
Atama _____.
Te _____.
Ude _____.
Ashi _____.
Hiza _____.

Purple / White Belt Written Test

1. What does kumite mean? _____.
2. What does hajime mean? _____.
3. What does yame mean? _____.
4. What is a mawashi-geri? _____.
5. What is a jodan-zuki? _____.
6. What is a chudan-zuki? _____.
7. What is a shuto? _____.
8. What does Naga Waza mean? _____.
9. What do the following greetings mean?
Konnichi Wa _____.
Sayonara _____.
Ohayo Gozaimasu _____.
Konban Wa _____.
10. What does migi mean? _____.
11. What does hidari mean? _____.
12. How do you say thank-you very much in Japanese?
_____.
13. How do you say please in Japanese? _____.

Purple Belt Written Test

1. What does ippon mean? _____.
2. What does waza ari mean? _____.
3. What does aka mean? _____.
4. What does shiro mean? _____.
5. What is an ushiro-geri? _____.
6. What is an uchiotoshi? _____.
7. What are the following body parts?
 - Mune _____.
 - Onaka _____.
 - Hiji _____.
 - Kubi _____.
 - Senaka _____.
8. What part of the foot is in contact with the floor when moving in kumite?
_____.
9. What kumite equipment are you required to wear during sparring?
 - i. _____.
 - ii. _____.
 - iii. _____.
 - iv. _____.
 - v. _____.

Blue / White Belt Written Test

1. What does kokutsu-dachi mean? _____.
2. What is an ashi-barai? _____.
3. What is a kentsui? _____.
4. What is a nukite? _____.
5. What does ue mean? _____.
6. What does shita mean? _____.
7. What does uchi mean? _____.
8. What does soto mean? _____.
9. What are the seven criteria required for a good kata performance?
 - i. _____.
 - ii. _____.
 - iii. _____.
 - iv. _____.
 - v. _____.
 - vi. _____.
 - vii. _____.
10. What part of the foot do you strike with when using a mawashi-geri?
_____.
11. How do you say "I'm sorry" in Japanese? _____.

Blue Belt Written Test

1. What is an ura mawashi-geri? _____.

2. What is an udaken? _____.

3. What is a kosa-uke? _____.

4. What is a soe-uke? _____.

5. What are the six techniques involved in a good sparring punch or kick?

i. _____.

ii. _____.

iii. _____.

iv. _____.

v. _____.

vi. _____.

6. What are the following body parts?

Ago _____.

Nodo _____.

Hana _____.

Mimi _____.

Me _____.

7. How many points do you need to win a shobu sanbon kumite match?

_____.

Green / White Belt Written Test

1. What does re no ji-dachi mean? _____.

2. What are the four major karate styles in the world?

i. _____.

ii. _____.

iii. _____.

iv. _____.

3. Write the numbers from one to ten with the correct spellings.

1. _____

6. _____

2. _____

7. _____

3. _____

8. _____

4. _____

9. _____

5. _____

10. _____

4. What are the following body parts?

Ashikubi _____.

Ashiyubi _____.

Yubi _____.

Kakato _____.

Tekubi _____.

Green Belt Written Test

1. What part of the foot do you use with an ushiro-geri? _____.

2. What are the following colors?

Kuroi _____

Aoi _____

Chairo _____

Midori _____

Orenji _____

Murasaki _____

Akai _____

Shiroi _____

Kiiroi _____

3. What do the following kanji characters mean?

日
本

_____.

空

_____.

手

_____.

道

_____.

Green / Brown Belt Written Test

1. What is a shote? _____.
2. What is a tobi nidan-geri _____.
3. What part of your opponent's leg do you target for a leg-sweep?
_____.
4. What is the purpose of Ten Shin?
_____.
5. What is a yoko-barai? _____.
6. Who is the founder of Shotokan? _____.
7. What does Bunkai & Oyo mean? _____.
8. What is the major style of Chinese Martial Arts? _____.
9. What does the above style mean? _____.
10. What is the major style of Korean Martial Arts? _____.
11. What does the above style mean? _____.
10. What type of punch does the attacker use in Take Down #7?
_____.

Brown / White Belt Written Test

1. What is a kakate? _____.
2. What is a Nage Waza? _____.
3. Who is the founder of Goju-Ryu? _____.
4. What does Goju-Ryu mean? _____.
5. Who were Kenwa Mabuni's two main instructors?
 - i. _____.
 - ii. _____.
6. What does menjo mean? _____.
7. What were the three regions of Okinawa that the three original karate styles were named after?
 - i. _____.
 - ii. _____.
 - iii. _____.
8. What does ten no ji-dachi mean? _____.

Brown Belt Written Test

1. What is sagi ashi-dachi? _____.
2. Who is the founder of Wado-Ryu? _____.
3. What does Wado-Ryu mean? _____.
4. What two kicks are used in Moving Exercise #2?
 - i. _____.
 - ii. _____.
5. What part of the foot do you strike with when using an ura mawashi-geri?
_____.
6. What is shomen? _____.
7. What martial art organization is Katsu Dojo a member of?
_____.
8. What is the purpose of Katsu Dojo's Todi?
_____.

Brown / Black Belt Written Test

Write out the names of all kata in order from white – brown / black belt and their meanings.

NAME OF KATA	KATA MEANING
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____