

Katsu Dojo Black Belt Examination

Name:_____

Date: _____

Yelon Bet Willen Tet

1. What type of Martial Art do you study?	<u> </u>
2. What does karate mean?	<u>.</u>
3. What country does karate come from?	<u>.</u>
4. What are the three rules of karate?	
i	<u> </u>
ii	<u> </u>
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	<u> </u>
7. What are the four motions of a kick	
8. What are the four rules for zenkutsu-dachi?	
i	
ii	
iii.	
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Gage/ WieBt WilenTet

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?	<u>.</u>
4. What is a Tsuki?	<u>.</u>
5. What is a Keri?	<u>.</u>
6. What does Musubi-Dachi mean?	
7. What does Yoi-Dachi mean?	<u></u>
8. What does Zenkutsu-Dachi mean?	<u></u>
9. What does Shiko-Dachi mean?	<u></u>
10. What does Hanzenkutsu-Dachi mean?	<u></u>
11. What does Neko Ashi-Dachi mean?	<u></u>
12. What is Kosa-Dachi mean?	<u></u>
13. What are the five Katsu Dojo Virtues?	
i	
ii	
iii	
iv	

GageBit WitenTet

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
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

Rule/ WieBat Willen Tet

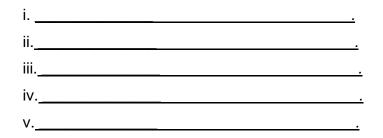
1.	What does kumite mean?
2.	What does hajime mean?
3.	What does yame mean?
4.	What is a mawashi-geri?
5.	What is a jodan-zuki?
6.	What is a chudan-zuki?
7.	What is a shuto?
8.	What does Naga Waza mean?
9.	What do the following greetings mean?
	Konnichi Wa
	Sayonara
	Ohayo Gozaimasu
	Konban Wa
10.	What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

13. How do you say please in Japanese?

RuleBit WilenTet

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?



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Ble/ WieBt With Tet

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
	іі <i></i>
	iii
	iv
	V
	vi
	vii

10. What part of the foot do you strike with when using a mawashi-geri?

_____.

HeBt With Tet

 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.
 .

 v.
 .

 v.
 .

 v.
 .

 vi.
 .

6. What are the following body parts?

Ago	
Nodo	
Hana _	
Mimi _	 <u>.</u>
Me	

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

Gran/ WileBit WilenTet

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

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

i.	
ii.	· · · · · · · · · · · · · · · · · · ·
iii.	
iv.	· · · · · · · · · · · · · · · · · · ·

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

1	6
2	7
3	8
4	9
5	

4. What are the following body parts?

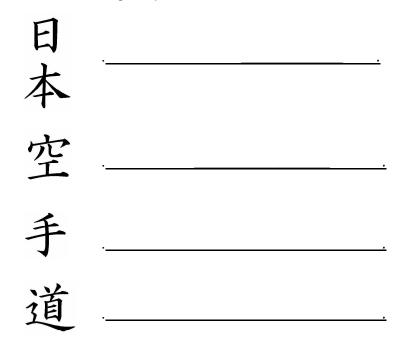
Ashikubi	
Ashiyubi	<u>.</u>
Yubi	
Kakato	<u>.</u>
Tekubi	



- 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?



Geen/ BomBat Willen Tet

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?
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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?

Bom/ WieBt With Tet

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.	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? ______.

BomBå Willen Tet

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					
	іі <u></u>					
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?					

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8. What is the purpose of Katsu Dojo's Todi?

Bom/ BakBt WitenTet

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

NAME OF KATA

KATA MEANING

1		<u>-</u> .	
5	<u></u>	. .	
6			
7		<u>-</u> .	
12			
13		- .	