

WHITE BELT
WRITTEN
TEST



Downtown YMCA/WAC/PNBA /Northshore YMCA

Name _____ Date _____ Age _____

What is the full name of this karate style?

Who is the founder of this karate style?

Where is the headquarters of this style?

What are the names of your instructors?

Match the letters of the answers on the right with the correct Japanese term on the left.

- | | |
|-----------------------|-----------------------------|
| ____otogai ni rei | a. senior |
| ____chudan | b. bow to each other |
| ____jodan uke | c. forefist punch |
| ____uraken furi uchi | d. downward block |
| ____Kaicho | e. rear backfist strike |
| ____ibuki | f. outside knifehand strike |
| ____gedan barai | g. forward stance |
| ____zenkutsu dachi | h. upper block |
| ____Senpai | i. roundhouse kick |
| ____mae keage | j. front straight kick |
| ____seiken tsuki | k. grandmaster |
| ____mawashi geri | l. tension breathing |
| ____shuto gammen uchi | m. ki release with shout |
| ____chusoku | n. middle |
| ____kiai | o. ball of foot |

Explain the meaning of “**Sei**” and “**Do.**”

Explain your reasons for studying karate.