



# BROWN BELT WRITTEN TEST

Downtown YMCA/Northshore YMCA,PNBA,WAC

Name \_\_\_\_\_ Date \_\_\_\_\_ Age \_\_\_\_\_ Kyu \_\_\_\_\_

## Write the Japanese term for the English terms below.

- |                  |                          |
|------------------|--------------------------|
| 1. sumo stance   | 6. head                  |
| 2. vertical fist | 7. three point stance    |
| 3. lunge punch   | 8. two finger spear hand |
| 4. bear hand     | 9. one knee stance       |
| 5. toe tips      | 10. breaking practice    |

## Write the English term for the Japanese terms below.

- |                    |                       |
|--------------------|-----------------------|
| 1. sagi ashi dachi | 6. age tsuki          |
| 2. haishu          | 7. seiken kagi tsuki  |
| 3. kakato oroshi   | 8. kuzure heiko dachi |
| 4. soete uke       | 9. toho               |
| 5. nakadaka ken    | 10. kakiwake uke      |

Attaining the rank of 1st kyu means being in preparation for shodan. What will you need to improve on to qualify for this rank.

Explain one of Kaicho's zen lectures.