



ADVANCED  
GREEN BELT  
WRITTEN TEST

PNBA/WAC/Downtown YMCA /Northshore YMCA

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

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

- |                             |                                |
|-----------------------------|--------------------------------|
| 1. crane stance             | 6. prearranged pair sparring   |
| 2. open hand                | 7. ax kick                     |
| 3. standing meditation      | 8. knifehand collarbone thrust |
| 4. formal sitting           | 9. abdomen                     |
| 5. rising back elbow strike | 10. instep                     |

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

- |                        |                      |
|------------------------|----------------------|
| 1. soete uchi uke      | 6. nakadakaken       |
| 2. kansetsu geri       | 7. enkei gyaku tsuki |
| 3. haito uchi          | 8. kakiwake uke      |
| 4. zanshin             | 9. kote uke          |
| 5. ushiro mawashi geri | 10. tetsui uchi      |

Explain the meaning of Kaicho's saying, "Technique over strength, spirit over technique"

Describe the progress you have made and what you hope to accomplish with continued training.