



GREEN BELT WRITTEN TEST

Downtown YMCA, WAC, PNBA, Northshore YMCA

Name _____ Date _____ Age _____ Kyu _____

Write the Japanese and English term for twelve stances.

- | | |
|----|-----|
| 1. | 7. |
| 2. | 8. |
| 3. | 9. |
| 4. | 10. |
| 5. | 11. |
| 6. | 12. |

Describe three adaptations made to the formal techniques in kihon kumite #1.

- 1.
- 2.
- 3.

Describe some of the formal rules for kumite practice.

- 1.
- 2.
- 3.
- 4.

What is tanshiki kumite? Give three examples.

- 1.
- 2.
- 3.

What is your perception of the World Seido Karate Organization.