



ADVANCED YELLOW BELT WRITTEN TEST

Downtown YMCA, Northshore YMCA, Washington Athletic Club & PNC

Name _____ Date _____ Age _____ Kyu _____

Write the Japanese and English term for twelve kicks.

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

Write the English term for the Japanese terms below.

- | | |
|----------------------|----------------------|
| 1. jun tsuki | 6. kake geri |
| 2. kansetsu geri | 7. seiken kagi tsuki |
| 3. haito uchi | 8. shuto enkei uke |
| 4. chusoku | 9. kote uke |
| 5. soto mawashi geri | 10. tetsui uchi |

Explain the purpose of kihon kumite.

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