



YELLOW BELT
WRITTEN
TEST

Dale Turner YMCA/Downtown YMCA/WAC/Northshore YMCA

Name _____ Date _____ Age _____ Kyu _____

Write the Japanese term for the English terms below.

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|---------------------|--------------------------------|
| 1. back kick | 6. middle outside block |
| 2. knee | 7. upward elbow strike |
| 3. ridge hand | 8. knifehand collarbone thrust |
| 4. spearhand strike | 9. abdomen |
| 5. cat stance | 10. instep |

Write the English term for the Japanese terms below.

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|----------------------|---------------|
| 1. shinzen ni rei | 6. hiji age |
| 2. uchi mawashi geri | 7. seido juku |
| 3. shotei | 8. senpai |
| 4. Osu | 9. hachi |
| 5. kin geri | 10. nukite |

Explain the meaning of the Seido emblem.

Describe the improvements you have made since blue belt.