



**BLUE BELT
WRITTEN
TEST**

Downtown YMCA/WAC/PNBA /Northshore YMCA

Name _____ Date _____ Age _____ Kyu _____

Write the Japanese term for the English terms below.

- | | |
|------------------------|-------------------------------|
| 1. forward stance | 5. outside foot edge |
| 2. knee | 6. ball of foot |
| 3. instep | 7. left/right backfist strike |
| 4. middle inside block | 8. side straight kick |

Write the English term for the Japanese terms below.

- | | |
|-----------------|------------------|
| 1. ibuki | 6. kokutsu dachi |
| 2. jodan | 7. shichi |
| 3. gedan barai | 8. shinzen |
| 4. morote tsuki | 9. kote uke |
| 5. hiji age | 10. tetsui uchi |

Explain the purpose of kata.