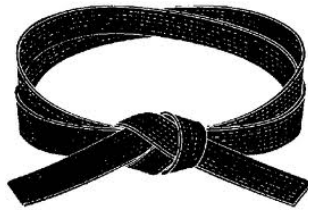

Green Belt Test

NAME _____

1. What is the meaning of the Saifa kata?

2. What are the 3 tenants of the Martial Arts?

3. What is the Japanese term used for sparring?

4. What is the Japanese name for Basics?

5. List 1 purpose for 'Mukso' in either Kata or opening or closing of class.

6. List the ways in which you could fail a belt grading?

7. Finish this quote. " The _____ aim of _____ lies not in _____ or _____ but in the _____ of character of its participants."

8. Who said the above quote?

9. What does the term 'Osu' mean?

10. Give the English meaning of each:

Dachi- Uke-

Zuke- Geri-