

Green Belt Exam

1. Give the meaning of Sanchin? _____.
2. What is the name of Sensei's Sensei? _____.
3. How many kyu belts are there? _____.
4. What do the words Jiyu Kumite mean?
_____.
5. Name 6 areas that lead to physical perfection?

_____.
6. The essence of Karate is in the? _____.
7. A BO is a? _____.
8. Which animal represents our style of Karate?
_____.
9. Why is gratitude an important part of training?
_____.
10. Why is stretching important?
_____.

Name: _____ Date: _____

