

## *Blue Belt Exam*

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1. State the meaning of Saifa \_\_\_\_\_.
2. Which two tools used by Okinawan farmers for grinding rice eventually became weapons?  
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3. What does the word Tensho stand for?  
\_\_\_\_\_.
4. Most katas begin and end with a \_\_\_\_\_.
5. The Kiai in a Kata usually falls on a \_\_\_\_\_.
6. The basic distance between two fighters should be?  
\_\_\_\_\_.
7. Seek wisdom not \_\_\_\_\_.
8. When sparing, if you should injure someone what is the appropriate action to take?  
\_\_\_\_\_.
9. Explain the 3 phases of a punch?  
\_\_\_\_\_.



Name: \_\_\_\_\_ Date: \_\_\_\_\_