

SECTION ONE

1. What is the Value of Karate? (3 points)
2. What is Karate? (2 points)
3. Name three considerations in selecting a karate school. (1 point)
4. Explain the belt ranking system used in karate. (2 points)
5. What is a black belt. (1 point)
6. Describe the development of karate up to 1964. (3 points)
7. What is the World Karate Federation and what is its purpose? (2 points)
8. Describe how to start and end a karate class. (2 points)
9. Name and describe the two aspects of a karate stance. (1 point)
10. When do you use a low stance? (1 point)

11. When do you use a high stance? (1 point)
12. Name and describe the five natural body positions. (1 point)
13. What is a reverse punch? (1 point)
14. What is meant by concept “connections” and name the three major connections? (2 points)
15. How do you use the hips in karate? (1 point)
16. Explain the concept of “withdrawing hand.” (1 point)
17. Describe the two ways of stepping in karate. (1 point)
18. Name and describe the four breathing methods used in karate. (2 points)
19. What are the three uses of a kiai. (1 point)
20. Name four purposes of a block in karate. (2 points)
21. What are the four basic blocks? (1 point)

22. Explain how to use a block as an attack. (1 point)
23. Explain how to use an attack as a block. (1 point)
24. How do you fall forward? (1 point)
25. How do you fall backward? (1 point)
26. How do you fall sideways? (1 point)
27. Explain the concept of atemi. (1 point)
28. Explain how to make a fist. (1 point)
29. Explain what a nukite is. (1 point)
30. Name five punching variations. (1 point)
31. What the difference between a reverse and a straight punch? (2 point)
32. How do you do a lunge punch? (1 point)

33. Name and describe three strikes. (3 points)
34. What is the difference between a kick and a smash? (2 points)
35. What is the difference between a snap and a thrust kick. (2 points)
36. Why is retraction important in kicking? (1 point)
37. What is meant by chambering the kick. (1 point)
38. Describe the four basic kicks used in karate. (4 points)
39. How does a reverse crescent kick differ from a regular crescent kick? (1 point)
40. What are the six different ways to do an elbow strike? (1 point)
41. What is the difference between an upward and a roundhouse knee smash. (1 point)
42. Give five tips for stances. (5 points)
43. Give five tips for blocking. (5 points)

44. Give five tips for punching. (5 points)
45. Give five tips for striking (5 points)
46. Give five tips for kicking. (5 points)
47. Give five tips for smashes. (5 points)
48. Vocabulary (10 points)
- a) Dojo
 - b) Dai Sempai
 - c) Sensei Ni Rei
 - d) Hajime
 - e) Yoi
 - f) Matte
 - g) Yame
 - h) Kiai
 - i) Hai
 - j) Kibadachi
 - k) Shuto
 - l) Kokutsu-dachi
 - m) Tsuki
 - n) Uchi
 - o) Uke
 - p) Gi
 - q) Obi
 - r) Ichi
 - s) Dan
 - t) Kyu

SECTION TWO

1. Explain what is meant by “There is no first attack in karate.” (1 point)

2. What is the difference between a strategy and a tactic? (1 point)
3. Describe the Fighting Guard. (1 point)
4. What are the three times when an opponent is vulnerable to a successful attack? (3 points)
5. Name three physical mistakes in fighting. (3 points)
6. Name three ways to make your opponent make a physical mistake. (3 points)
7. Name five mental mistakes in fighting. (5 points)
8. Describe five ways to make your opponent make a mental mistake. (5 points)
9. What four fighting zones do you need to consider during a fight. (1 points)
10. What is closure. (1 point)
11. Name three things you should consider when designing fighting tactics. (3 points)
12. What is the difference between kihon kumite and jiju kumite. (2 points)

13. Name the three ways to break balance (3 points)
14. Describe “sword and shield” type fighting. (1 point)
15. What are pattern attacks? (1 point)
16. Describe “Hit Move Hit.” (2 points)
17. Describe Kata. (1 point)
18. Name the six traditional weapons used in weapons kata. (1 point)
19. Describe the two types of kata movement. (2 points)
20. Name ten of the thirteen performance points in kata. (5 points)
21. List Gichen Funakoshi’s three cardinal rules of kata. (3 points)
22. Describe zanshin. (1 point)
23. How is kata scored in competition. (1 point)

24. How is the winner determined in kata competition when there is a tie. (1 point)
25. Name eight situations when a kumite match can be stopped. (4 points)
26. What is the ten second rule. (1 point)
27. In what situations is a kumite match over? (3 points)
28. Describe kime. (1 point)
29. Name the 6 target areas in competition. (1 point)
30. Explain the ruling on a jogai. (1 point)
31. Describe the six criteria for ippon. (6 points)
32. Name the five technical exceptions to ippon in a kumite match. (5 points)
33. Explain the Control Penalty in a kumite match. (1 point)
34. Describe mubobi. (1 point)

35. Name the five circumstances for a disqualification. (5 points)

36. What are the initial seven factors a referee must consider when he sees a strike occur? (4 points)

37. When a strike lacks control in a kumite match, what five questions must a referee consider. (3 points)

38. Explain the concept of seasonal training (2 points)

39. Name the three common methods of stretching and describe. (3 points)

40. What is the difference between variable resistance training and free weight training. (1 points)

41. Compare and contrast the advantages of variable resistance training and free weight training. (2 points)

42. Describe plyometrics. (1 point)

43. Compare and contrast aerobic verses anaerobic training. (1 point)

44. Describe interval training. (1 point)

45. Describe circuit training. (1 point)

46. What is makiwara training. (1 point)