

Okaigan Karate Dojo

WRITTEN EXAM FOR PURPLE BELTS

This exam is due on or before the test date. This is considered to be the first part of your exam.
You need 100% on this exam in order to take the physical portion of the exam.
Please write neatly and clearly. No Spelling errors or unanswered questions.
You are required to purchase the book, Best Karate Series Book #6

NAME: _____

DATE: _____

AGE: _____

- Attach a copy of the Purple Belt Exam to this Exam. Highlight or Initial each item that you have learned ALL the physical requirements that are on this exam and that you understand how to perform them all.
- Your service hours should be turned in along with this exam (typed) on a full sheet of paper.
- Turn in your flash cards with this exam

Why is hip rotation important?

Why is breathing important?

When kicking why is it important for the supporting foot to remain flat on the floor?

What is the weight distribution of a cat stance ? _____

How are Han Zenkutsu Dachi and Moto Dachi different ? _____

When performing a kick what is the minimum height your knee should be at before you kick?

What does Okaigan mean? _____

How many Shotokan Kata's are there? _____

How many Original Shotokan Kata's are there? _____

What is the dojo kun?

1. _____

2. _____

3. _____

4. _____

5. _____