

# 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. The dojo website has most answers and some answers are written on paper and are on the dojo walls. You may ask a brown or black belt for help, but write name of brown/black next to the answer they helped you with.

**DO NOT USE GOOGLE FOR ANSWERS**

**FIRST AND LAST NAME:** \_\_\_\_\_

**DATE TURNED IN:** \_\_\_\_\_ **DATE OF EXAM** \_\_\_\_\_

**AGE:** \_\_\_\_\_ **NOTE: YOU CANNOT TAKE PHYSICAL TEST UNTIL THIS IS TURNED IN 100%**

Attach a copy of the Purple Belt Exam to this Exam. Highlight or Initial each item that you have learned ALL requirements that are on the physical portion of the exam and that you understand how to perform them all.

Your service hours and seminars should be turned in along with this exam. An example service hour/seminar/tournament sheet is available at the front desk.

**We recommend you to either purchase OR check out from the dojo library, the following book**

Best Karate Series Book #6

1. Why is hip rotation important?

2. Why is breathing important?

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

\_\_\_\_\_

4. What is the weight distribution of a cat stance ? \_\_\_\_\_

5. How are Han Zenkutsu Dachi and Moto Dachi different ? \_\_\_\_\_

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

\_\_\_\_\_

7. What does Okaigan mean? \_\_\_\_\_

8. How many Shotokan Kata's are there? \_\_\_\_\_

9. How many "Original" Shotokan Kata's are there? \_\_\_\_\_

10. What is the dojo kun? DO NOT USE GOOGLE

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_