

Okaigan Karate Dojo

WRITTEN EXAM FOR GREEN 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. Dojo website has most answers. You can ask anyone to dojo to help you except Sensei Mary

NAME: _____
DATE: _____
AGE: _____

Attach a copy of the Green Belt Exam to this Exam. Highlight or Initial each item that you have learned ALL 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.

Recommend to purchase the book: Best Karate Series, by Nakayama - Book #5

Student will receive written questions about this book on this exam.

Have you purchased a Medium Weight Karate Uniform for the Exam? _____

Do you have your own set of Gloves and Mouthguard? _____

How many movements in Heian Sandan _____

What technique is “especially important” to train in this kata?

What is Karate-do ?

What is kata?

There are 6 “important Points” of kata what are they?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____