

Black Belt Written Exam – Shodan

Type written and works cited if needed

1. What is the main difference between a brown and a black belt?
2. What will you offer to the dojo as a black belt?
3. What did you physically and mentally improve between your last exam and this one?
4. Before starting a kata, explain what “emptying the mind” means.
5. What is karate as a “way of life” means to you, not as a sport, or just a martial art?
6. Explain what the word “kara” means.
7. What is more critical when performing kicking techniques, speed or power?
8. What are you ready for a black belt?
9. If I told you that you were not ready for a black belt what would you think, feel and or say to us.
10. For the following stances explain/define the following:
 - If it is an offensive or defensive stance
 - The Japanese translation
 - Weight distribution
 - How far apart or width of each stance as well as where the knee and foot placement should be

Front Stance

Back Stance

Straddle Stance

Cat Stance

Fighting Stance

Square Stance

Informal attention Stance

Cross Legged Stance

Half Moon/Wide Hour Stance

L Stance