

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. 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 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 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, by Nakayama - Book #5

1. Have you purchased a Medium Weight Karate Uniform for the Exam? _____ (yes or no)

(Must have Medium Weight karate gi to take physical exam)

2. How many movements in Heian Sandan _____ (You will find your answer in Book #5)

3. What technique is “especially important” to train in this kata? (You will find your answer in Book #5)

4. Translate the words: Karate-do (Exact English translation)

5. What is kata? (Do not use google to find your answer, don't Plagiarize).

6. There are 6 “important Points” of kata what are they? (Do not use Google)

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