



One Green Stripe Written Exam



Name _____

Date _____

Score ____ / ____ pts. Grade _____

Complete the following: 10 points/1 point each

5 Firsts for Friendship

- 1.
- 2.
- 3.
- 4.
- 5.

5 A's for Self Defense

- 1.
- 2.
- 3.
- 4.
- 5.

Three-O's Principle 3pts.

Code of Ethics: Tenet #1 2pts



History of Shotokan Karate-do

Name of Founder 2pts.

Style translation 1pt.

Country/year of origin 2pts.



History of Cuong Nhu

Name of Founder 2pts.

Style translation 1pt.

Country/year of origin 2pts.

____/25 pts.



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Complete the following: 15 points/1 point each

5 S's for Warm ups

- 1.
- 2.
- 3.
- 4.
- 5.

5 R's for Self Defense

- 1.
- 2.
- 3.
- 4.
- 5.

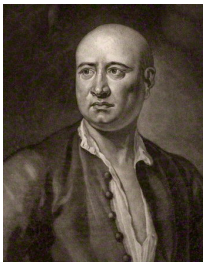
5 Steps to Health

- 1.
- 2.
- 3.
- 4.
- 5.

Translation of Taikyoku 1pts.

Translation of Pinan 1pts.

Code of Ethics: Tenet #2 3pts.



History of Western Boxing

Name of Founder 2pts.

Style translation 1pt.

Country/year of origin 2pts.

____/25 pts.



Green Belt Written Exam



Complete the following: ^{12 points/1 point each}

5 P's of Achievers

- 1.
- 2.
- 3.
- 4.
- 5.

7 Styles of Influence

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

5 All's for Self Defense

- 1.
- 2.
- 3.
- 4.
- 5.

Code of Ethics: Tenet #3 ^{3pts}



History of Wing Chun Kung Fu

Names of Founders ^{2pts.}

Style translation ^{1pt.}

Country/year of origin ^{2pts.}

____/25 pts.



One Brown Stripe Written Exam



Complete the following: ^{15 points/1 point each}

5 Sources of Power

- 1.
- 2.
- 3.
- 4.
- 5.

10 Don'ts for Sparring

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Code of Ethics: Tenet #4 ^{3pts.}

Translation of Osoto gari ^{2pts.}



History of Judo

Name of Founder ^{2pts.}

Style translation ^{1pt.}

Country/year of origin ^{2pts.}

____/25 pts.



Two Brown Stripe Written Exam



Complete the following: 13 points/1 point each

5 D's of a Winner

- 1.
- 2.
- 3.
- 4.
- 5.

8 Sources of Learning

- | | |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

Code of Ethics: Tenet #5 ^{3pts.}

Translation of Kote gaeshi ^{2pts.}

Translation of Ude osae ^{2pts.}



History of Aikido

Name of Founder ^{2pts.}

Style translation ^{1pt.}

Country/year of origin ^{2pts.}

____/25 pts.



Brown Belt Written Exam



Complete the following: 15 points/1 point each

Five Negatives to Avoid in Teaching

- 1.
- 2.
- 3.
- 4.
- 5.

10 Stages of Growth

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Translation of Ogoshi 2pts.

Translation of Seoi-nage 2pts.



History of Shaolin Chuan Fa

Name of Founder 3pts.

Style translation 1pt.

Country/year of origin 2pts.

____/25 pts.



One Black Stripe Written Exam



Complete the following: 10 points/1 point each

5 Fears of Achievement

- 1.
- 2.
- 3.
- 4.
- 5.

5 C's for Successful Training

- 1.
- 2.
- 3.
- 4.
- 5.

Translate the following terms: 10 points/2 points each

Jutte

Empi

Shiho-nage

Ude-gatame

Juji-ude-garami



History of Tai Chi Chuan

Name of Founder 2pts.

Style translation 1pt

Country/year of origin 2pts.

____/25 pts.



2 Black Stripe Written Exam



Complete the following: 15 points/1 point each

5 Think Rights

- 1.
- 2.
- 3.
- 4.
- 5.

5 Controls for Self Defense

- 1.
- 2.
- 3.
- 4.
- 5.

5 -tions for Teaching

- 1.
- 2.
- 3.
- 4.
- 5.

Translate the following terms: 5 points/1 point each

Chinte

Tani-otoshi

Yoko-otoshi

Juji-jime

Juji-ude-gatame ^{1pt.}



History of Vovinam

Name of Founder ^{2pts.}

Style translation ^{1pt.}

Country/year of origin ^{2pts.}

____/25 pts.



Black Belt Written Exam



Complete the following: 10 points/1 point each

5 Loves of a Sensei

- 1.
- 2.
- 3.
- 4.
- 5.

Foundation for Peak Performance

- 1.
- 2.
- 3.
- 4.
- 5.

Translate the following terms: 15 points/1 point each

Pak sao

Tan sao

Fook sao

Bong sao

Sil Lim Tao

Dan chi sao

Poon sao

Hiza-ude-gatame

Hubud lubud

Hiki-te

Jiyu-kumite

Irimi

Tenkan

Nghiem

Satori

____/25 pts.