



One Green Stripe Written Exam



Name _____

Date _____

Score ____ / ____ pts. Grade ____

Complete the following: 10 points/1 point each

5 Firsts for Friendship

1. **Communicate**
2. **Smile**
3. **Care**
4. **Share**
5. **Forgive**

5 A's for Self Defense

1. **Awareness**
2. **Alertness**
3. **Avoidance**
4. **Anticipation**
5. **Action**

Three-O's Principle ^{3pts.}

Open mind, Open heart, Open arms

Code of Ethics: Tenet #1 ^{2pts}

Strive to improve yourself and serve your community.



History of Shotokan Karate-do

Name of Founder ^{2pts.} **Gichen Funakoshi**

Style translation ^{1pt.} **Way of the Empty Hand**

(Bonus: Shotokan = Whispering Pines School)

Country/year of origin ^{2pts.} **Japan 1922**



History of Cuong Nhu

Name of Founder ^{2pts.} **O Sensei Dong Ngo**

Style translation ^{1pt.} **Hard-Soft**

Country/year of origin ^{2pts.} **Vietnam/1965**

____/25 pts.



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Complete the following: 15 points/1 point each

5 S's for Warm ups

1. **Safety**
2. **Slowness**
3. **Self awareness**
4. **Stretching**
5. **Strengthening**

5 R's for Self Defense

1. **Right time**
2. **Right place**
3. **Right technique**
4. **Right perspective**
5. **Run**

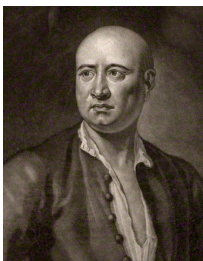
5 Steps to Health

1. **Think right**
2. **Eat right**
3. **Exercise right**
4. **Rest right**
5. **Perform right**

Translation of Taikyoku ^{1pts.} **First cause**

Translation of Pinan ^{1pts.} **Safe from harm (Heian = Peaceful mind)**

Code of Ethics: Tenet #2 ^{3pts.} **Respect yourself and others.**



History of Western Boxing

Name of Founder ^{2pts.} **James Figg**

Style translation ^{1pt.} **Fist fighting**

Country/year of origin ^{2pts.} **England / 1719**

____/25 pts.



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Complete the following: 12 points/1 point each

5 P's of Achievers

1. Perspective
2. Patience
3. Perseverance
4. Pride in accomplishment
5. Practice 'till perfect

5 All's for Self Defense

1. All angles
2. All levels
3. All techniques
4. All situations
5. All people

7 Styles of Influence

1. Shotokan
2. Boxing
3. Wing Chun
4. Judo
5. Aikido
6. Tai Chi Chuan
7. Vovinam

Code of Ethics: Tenet #3 ^{3pts} Save your martial arts for self defense.



History of Wing Chun Kung Fu

Names of Founders ^{2pts.} Ng Mui / Yim Wing Chun

Style translation ^{1pt.} Beautiful Springtime

Country/year of origin ^{2pts.} China / Early 1700s

___/25 pts.



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Complete the following: 15 points/1 point each

5 Sources of Power

1. Mind
2. Body
3. Spirit
4. Soul
5. Ki

10 Don'ts for Sparring

1. Angry
2. Fearful
3. Tense
4. Hurried
5. Waste Energy
6. Overconfident
7. Distracted
8. Preconceived ideas
9. Discouraged if you lose
10. Afraid of losing

Code of Ethics: Tenet #4 ^{3pts.} Commit to daily, dedicated training.

Translation of Osoto gari ^{2pts.} Big outside clip



History of Judo

- Name of Founder ^{2pts.} Jigoro Kano
- Style translation ^{1pt.} Soft or yielding way
- Country/year of origin ^{2pts.} Japan / 1882

____/25 pts.



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Complete the following: 13 points/1 point each

5 D's of a Winner

1. Win over yourself
2. Win over your opponent's respect
3. Win over third party's respect
4. Win over the situation
5. Win over people's hearts

8 Sources of Learning

- | | |
|--------------------|-----------------------|
| 1. Sensei / Sempai | 5. Books and media |
| 2. Classmates | 6. Tournaments |
| 3. Yourself | 7. Seminars |
| 4. Mirrors | 8. Training equipment |

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

Live a healthy and balanced life.

Translation of Kote gaeshi ^{2pts.}

Wrist twist / Bent wrist

Translation of Ude osae ^{2pts.}

Arm Turn / Pressing arm



History of Aikido

Name of Founder ^{2pts.}

Morihei Uyeshiba

Style translation ^{1pt.}

The way of combining internal energy

Country/year of origin ^{2pts.}

Japan / 1938

____/25 pts.



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Complete the following: 15 points/1 point each

Five Negatives to Avoid in Teaching

1. Don't ridicule any student
2. Don't make discriminatory remarks
3. Don't push students excessively hard
4. Don't show favoritism
5. Don't lose your composure

10 Stages of Growth

- | | |
|-------------|-----------------|
| 1. Nobody | 6. Winner |
| 2. Learner | 7. Teacher |
| 3. Worker | 8. Leader |
| 4. Fighter | 9. Thinker |
| 5. Achiever | 10. Philosopher |

Translation of Ogoshi ^{3pts.} **Big hip throw**

Translation of Seoi-nage ^{2pts.} **Shoulder throw**



History of Shaolin Chuan Fa

Name of Founder ^{2pts.} **Bodhidharma/Da Mo/Daruma**

Style translation ^{1pt.} **Little Forest Fist Way**

Country/year of origin ^{2pts.} **China / 520 AD**

____/25 pts.



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Complete the following: 10 points/1 point each

5 Fears of Achievement

1. **Hard work**
2. **Failure**
3. **Intimidation or pressure**
4. **Associating with people**
5. **Death**

5 C's for Successful Training

1. **Commitment**
2. **Coaching**
3. **Consistency**
4. **Courage**
5. **Conditioning**

Translate the following terms: 10 points/2 points each

Jutte	Ten Hands
Empi	Flying Swallow
Shiho-nage	Four direction throw
Ude-gatame	Arm lock
Juji-ude-garami	Crossed arm lock



History of Tai Chi Chuan

Name of Founder ^{2pts.} **Chang San Feng**

Style translation ^{1pt} **Grand Ultimate Fist**

Country/year of origin ^{2pts.} **China / 1200s**

____/25 pts.



2 Black Stripe Written Exam



Complete the following: 15 points/1 point each

5 Think Rights

1. **Simpler**
2. **Faster**
3. **Better**
4. **Deeper**
5. **Wiser**

5 Controls for Self Defense

1. **Control yourself**
2. **Control the area**
3. **Control the attackers**
4. **Control the situation**
5. **Control the consequences**

5 -tions for Teaching

1. **Demonstration**
2. **Simplification**
3. **Explanation**
4. **Repetition**
5. **Correction**

Translate the following terms: 5 points/1 point each

Chinte

Unusual Hands

Tani-otoshi

Valley drop

Yoko-otoshi

Side drop

Juji-jime

Cross choke

Juji-ude-gatame ^{1pt.} **Crossed arm lock**



History of Vovinam

Name of Founder ^{2pts.} **Nguyen Loc**

Style translation ^{1pt.} **Vietnamese Martial Arts**

Country/year of origin ^{2pts.} **Vietnam / 1946**

____/25 pts.



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Complete the following: 10 points/1 point each

5 Loves of a Sensei

1. Teaching
2. Students
3. Sharing
4. Martial Arts
5. Growth

Foundation for Peak Performance

1. Awareness
2. Belief
3. Commitment
4. Dedication
5. Enlightenment

Translate the following terms: 15 points/1 point each

Pak sao	Slapping hand
Tan sao	Asking hand
Fook sao	Hooking hand
Bong sao	Wing arm
Sil Lim Tao	Little Idea Way
Dan chi sao	One arm sticky hands
Poon sao	Rolling arms
Hiza-ude-gatame	Knee arm lock
Hubud lubud	Tangle Untangle
Hiki-te	Pulling hand
Jiyu-kumite	Free sparring
Irimi	Entering
Tenkan	Turning
Nghiem	Attention
Satori	Enlightenment

____/25 pts.