

PHOENIX KARATEDO ASSOCIATION
KYOKUSHINKAI INTERNATIONAL
&
MOUNT ST. MARY'S UNIVERSITY KARATE CLUB
HOMBU

GREEN BELT
(5TH KYU)

Name: _____

Please answer the following questions briefly and concisely. Please write legibly.

Please fill in the appropriate Japanese or English terminology. Please write CLEARLY in the space provided. Thank you and OSU!

Stances:

1. Zenkutsu Dachi _____
2. Kiba Dachi _____
3. _____ (immovable stance)
4. _____ (ready stance)
5. _____ (fighting stance)

Hand weapons:

1. Seiken Chudan Tsuki _____
2. Uraken Gammen Uchi _____
3. _____ (left-right back fist to face)
4. _____ (straight knife hand strike to collarbone)
5. Shuto Hizo Uchi _____
6. Seiken Jodan Tsuki _____

Basic blocks

1. _____ (upper block)
2. _____ (middle outside to In block)
3. Chudan Uchi Uke _____
4. Gedan Barai _____

Leg techniques:

1. _____ (front straight leg high kick)
2. _____ (front snap kick)
3. Kin Geri _____
4. Mawashi Geri _____
5. Yoko Geri _____