

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

YELLOW BELT  
(7<sup>TH</sup> KYU)  
SAMPLE TEST #2

Name: \_\_\_\_\_

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

1. The Phoenix Karatedo Association's emblem is based on what philosophy?
  
2. The Association is based on what style?
  
3. Give a brief history of the development of karate.
  
4. What happened in 1946?
  - A. First dojo in the United States
  - B. Founding of the USKA
  - C. Robert Trias's arrival in the United States
  - D. Founding of Taekwondo
  
5. In Japanese, name
  - Three Blocks:
    - 1.
    - 2.
    - 3.
  - Three Kicks:
    - 1.
    - 2.
    - 3.
  - Three strikes:
    - 1.
    - 2.

- 3.
  
6. Gichin Funakoshi is known as....
  
8. The weight distribution of Neko Ashi Dachi is
  
9. Ultimate Truth refers to.....
  
10. Name three significant facts about the founder of your style of karate.
  
11. Name the main vital areas
  - 1.
  - 2.
  - 3.
  - 4.
  
13. The first kata for yellow belt is the Tsuki no Kata. What is the stance used in the kata?
  
14. Explain the overall philosophy in the closing ceremony. (Do not just define the moves)
  
15. Karate means what?
  
16. OSU is an important word in our dojo. What is its central meaning?