

Yellow Belt: Terminology & Culture

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| What does the word "karate" mean? | Empty handed | |
| What is the name of a karate practice hall? | Dojo | doe-joe |
| What is a karate uniform called? | Dogi | doe-ghee |
| What is the name of a karate belt? | Obi | oh-bee |
| What name is given to a teacher of a karate class? | Sensei | sen-say |
| How do you say "attention stance" in Japanese? | Musubi Dachi | moo-soo-bee dah-chee |
| How do you say "parallel stance" in Japanese? | Heiko Dachi | hay-koe dah-chee |
| How do you say "come to attention" in Japanese? | Kiotsuke | kee-oh-tzu-kay |
| How do you say "bow" in Japanese? | Rei | ray |
| What does a bow symbolize in karate? | Respect | |
| How do you say "circle block" in Japanese? | Mawashi Uke | mah-wah-shee oo-kay |
| What is a "punch" in Japanese? | Zuki | zoo-kee |
| What is your current rank? | Jukyu | joo "Q" |
| What rank are you testing for? | Kukyu | koo "Q" |

Orange Belt: Terminology & Culture

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| Where did the martial art of Karate originate? | Okinawa, Japan | |
| What style of karate are you studying? | Uechi-Ryu | way-chee-roo |
| What is a karate student called? | Karate-ka | kah-rah-tay kah |
| How do you say "line up" or "come together" in Japanese? | Shugo | shoo-goh |
| How do you say "front kick" in Japanese? | Shomen Geri | sho-men geh-ree |
| How do you say "senior student" in Japanese? | Sempai | sen-pie |
| How do you say "junior student" in Japanese? | Kohai | koh-high |
| How do you say "jab punch" in Japanese? | Kizami Zuki | kee-zah-mee zoo-kee |
| How do you say "thank you VERY much" in Japanese? | Arigato-Gozai-Mashita | ah-ree-gah-toe goh-zie mah-sh-tah |
| What is your current rank? | Kukyu | koo-"Q" |
| What rank are you testing for? | Hachikyu | Hah-chee-"Q" |

Blue Belt: Terminology & Culture

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| Who was the first Grand Master of Uechi-Ryu? | Kanbun Uechi | Kahn-boon way-chee |
| What three animals symbolically influence Uechi-Ryu karate? | Dragon, Tiger, Crane | |
| How do you say "reverse punch" in Japanese? | Giyaku-Zuki | gee-yah-koo zoo-kee |
| What does "sanchin" mean in English? | 3 battles, or 3 wars | |
| How do you say "round kick" in Japanese? | Mawashi Geri | mah-wah-shee geh-ree |
| How do you say "spear hand strike" in Japanese? | Nukite | noo-kee-tay |
| What is a "two-handed circle block" called in Japanese? | Wa-Uke | whah-oo-kay |
| How wide is sanchin dachi? | Shoulder Width | |
| How long is sanchin dachi? | Heel-Toe Alignment | |
| Describe the position of the knees in sanchin dachi. | Bent & Strong | |
| What is your current rank? | Hachikyu | hah-chee-"Q" |
| What rank are you testing for? | Sichikyu | see-chee-"Q" |
| Explain how to be an effective "sempai" in a karate class. | Open Ended Answer | |