

# CYPRESS WARRIORS MARTIAL ARTS

## JUNIOR STUDY TERMS SHEET

### WHITE TO YELLOW BELT

Who was the founder of Modern-Day Karate? **Gichin Funakoshi.**

Karate began in what country? **India.**

Karate began in what year? **500 A.D.**

Karate is a Japanese word than means what? **Empty Hands.**

What is the most important aspect of your training? **Having a Good Attitude.**

### YELLOW TO ORANGE BELT

What is the most important aspect of Karate? **Conditioning.**

Karate is divided into three groups. What are they? **Art, Sport, & Self-Defense.**

Karate is made up of what? **Kicks, Punches, Strikes, & Blocks.**

The goals of Karate are to train what? **Your Mind, Body, & Spirit.**

What is a Kata? **A Formal Exercise.**

### ORANGE TO GREEN BELT

Kata is a Japanese word that means what? **Form.**

What is the style of Karate that you train in? **American Karate.**

Who is the founder of American Karate? **Ed Parker.**

How many levels of Black Belt are there? **10.**

What is a Ninja? **An Invisible Assassin.**

### GREEN TO BLUE BELT

Where are the oldest written forms of unarmed combat? **The Hieroglyphics of Egypt.**

Who first introduced Karate and its techniques to China? **An Indian Buddhist Monk named Bodhidharma.**

What country contributed the most to the evolution of Modern-Day Martial Arts? **Okinawa.**

Kung Fu is also known as what? **Chinese Temple Boxing.**

How is Martial Arts defined? **Military, Warlike, or Fighting Arts.**

### BLUE TO 1<sup>ST</sup> DEGREE PURPLE BELT

What type of sparring do we do? **Point Contact Sparring.**

What are the two most important aspects of sparring? **Timing and Distance.**

What does Judo mean? **Gentle Way.**

Who invented the sparring safety gear? **Jhoon Rhee.**

How wide is a sparring ring? **15'x15'.**

**2<sup>ND</sup> DEGREE PURPLE TO 3<sup>RD</sup> DEGREE RED MUST KNOW ALL OF THE ABOVE  
QUESTIONS FOR THEIR TESTS**

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