

WHITE TO YELLOW BELT STUDY TERMS

Karate Basics and Terms

1. Who was the founder of Moderna Day Karate? **Gichin Funakoshi.**
2. Karate began in what country? **India.**
3. Karate began in what year? **500 A.D.**
4. Karate is a Japanese word than means what? **Empty Hands.**
5. What is the most important aspect of your training? **Having a Good Attitude.**
6. What is the most important aspect of Karate? **Conditioning.**
7. Karate is divided into three groups. What are they? **Art, Sport, & Self-Defense.**
8. Karate is made up of what? **Kicks, Punches, Strikes, & Blocks.**
9. The goals of Karate are to train what? **Your Mind, Body, & Spirit.**
10. What is a Kata? **A Formal Exercise.**
11. Kata is a Japanese word that means what? **Form.**
12. What is the style of Karate that you train in? **American Karate.**
13. Who is the founder of American Karate? **Ed Parker.**
14. How many levels of Black Belt are there? **10.**
15. What is a Ninja? **An Invisible Assassin.**

YELLOW TO ORANGE BELT STUDY TERMS

Karate History

1. Where are the oldest written forms of unarmed combat? **The Hieroglyphics of Egypt.**
2. Who first introduced Karate and its techniques to China? **An Indian Buddhist Monk named Bodhidharma.**
3. What country contributed the most to the evolution of modern-day Martial Arts? **Okinawa.**
4. Kung Fu is also known as what? **Chinese Temple Boxing.**
5. How is Martial Arts defined? **Military, Warlike, or Fighting Arts.**
6. What does Judo mean? **Gentle Way.**
7. What techniques does Judo utilize? **Throwing Techniques.**
8. Who was the founder of modern-day Judo? **Jigoro Kano.**
9. What does Aikido mean? **The Way of Harmonizing Energy.**
10. Who was the founder of modern-day Aikido? **Morihei Ueshiba.**
11. What does Jeet Kune Do mean? **Way of the Intercepting Fist.**
12. Who was the founder of Jeet Kune Do? **Bruce Lee.**
13. Who invented the sparring safety gear? **Jhoon Rhee.**
14. What year was the safety gear invented? **1973.**
15. Who is the founder of Century Martial Arts? **Mike Dillard.**

ORANGE TO GREEN BELT STUDY TERMS

Sparring Rules

1. How wide is a sparring ring? **15'x15'.**
2. How far apart are the starting lines for the competitors? **3'.**
3. What type of sparring do we do? **Point Contact Sparring.**
4. How many referees do our sparring rings have? **Two. One Head Ref and one Judging Ref.**
5. A Red Competitor goes on which side of the Head Referee? **The Right Side.**
6. Which Competitor will wear the Red Sash, if needed? **The Red Competitor.**
7. In sparring, knowing how is not as important as what? **Knowing When.**
8. Referees should never cross what? **The Invisible Line.**
9. Is contact to the groin a point in the Junior Divisions? **No.**
10. Is contact to the groin a point in the Teen & Adult White to Purple Belt Divisions? **Yes.**
11. Is contact to the groin a point in the Brown and Black Belt Divisions? **No.**
12. Can a referee call a foul in the Junior Divisions? **Yes, For Contact to the Groin. The Competitor Who Got Hit in The Groin Will Get a Point.**
13. Can a referee call a foul in the Teen and Adult Divisions (White-Black Belt)? **No, There Are No Fouls in the Teen and Adult Divisions.**
14. Can a referee issue a warning during a match? **No, There Are No Warnings. The Rules Will Be Given Before Any Matches Begin.**
15. Can a competitor be disqualified? **Yes, For Excessive Contact or Unsportsmanlike Conduct.**
16. Can a competitor be disqualified after the match is over? **Yes, If They Display Unsportsmanlike Conduct.**
17. Does a competitor still get an award after being disqualified for excessive contact? **Yes, They Will Receive a 2nd Place Award.**
18. Does a competitor still get an award after being disqualified for unsportsmanlike conduct? **No, The Competitor Will Not Be Given an Award.**
19. Can a child be disqualified if the parent exhibits unsportsmanlike conduct? **Yes.**
20. Can a Referee judge a family member, relative or in-law? **No, If They Do, The Competitor Will Be Disqualified.**

GREEN TO BLUE BELT STUDY TERMS

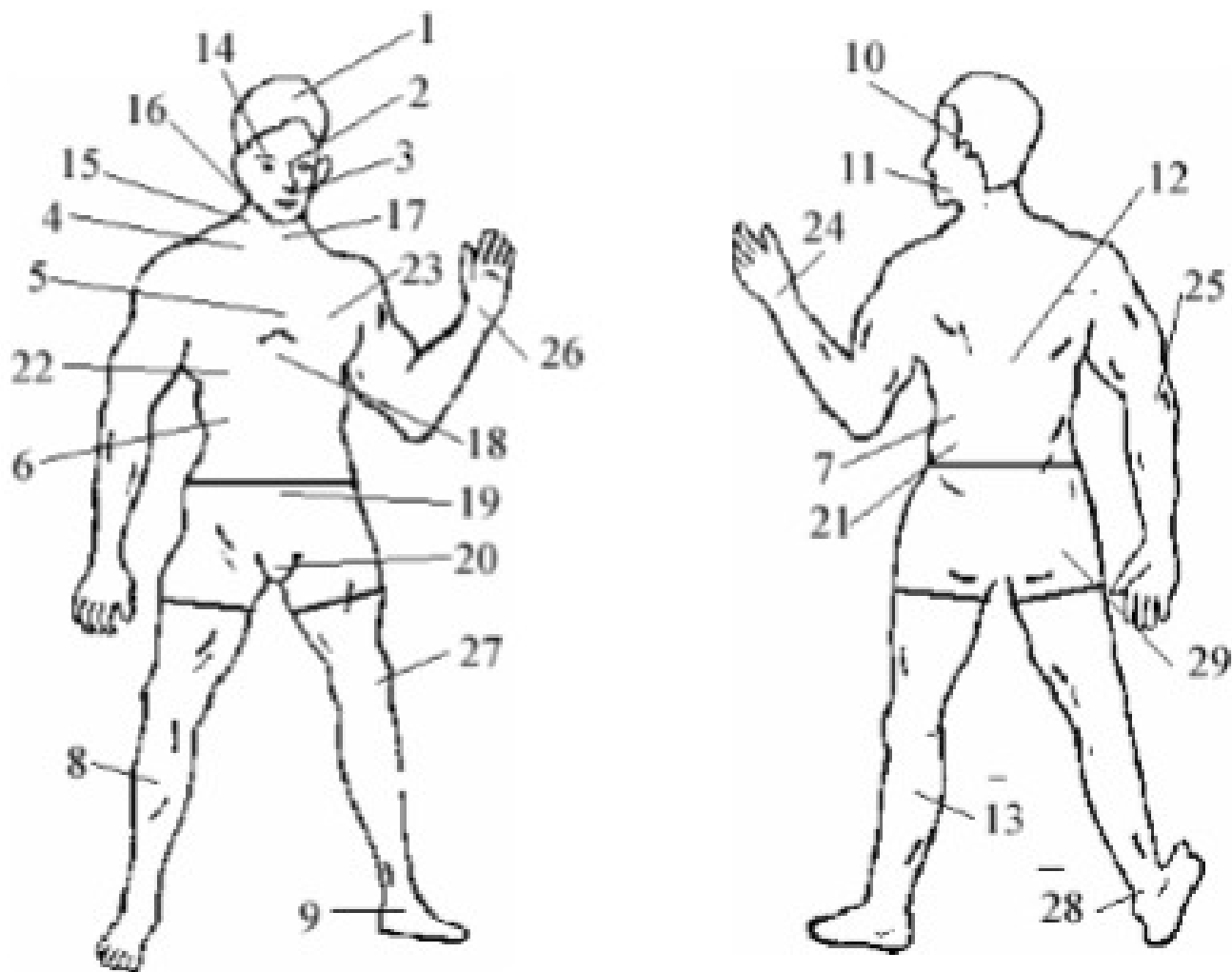
Sparring Rules Continued

1. What are the two most important aspects of sparring? **Timing and Distance.**
2. What are the 3 most important things a referee needs to remember? **Safety, Fairness, and Know the Rules.**
3. In White Belt sparring, how many points are each technique that makes contact to a target area worth? **Each Time a Competitor Makes Contact to a Target Area in the White Belt Division, It Is Worth One Point.**
4. In Advanced Belt sparring (Yellow to Black Belt), how many points are each technique that makes contact to a target area worth? **Each Time a Competitor Makes Contact to a Target Area in the Advanced Belt Division, It Is Worth the Following:**
 - **One Point for a Hand Technique**
 - **Two Points for a Kicking Technique**
 - **Three Points for a Jump Kick Technique Where Both Feet Are Off the Ground When the Kick Lands**
5. Are sweeps allowed in the type of sparring we do? **No.**
6. What should a competitor do if they are hurt, or they need to fix their gear? **The Competitor Needs to Yell, "TIME" And Back Out of The Ring Making A "T" With Their Hands.**
7. Are referees allowed to fix a competitor's gear or uniform? **No, To A Spectator, This Could Appear to Be Coaching. It is The Ring Coordinator's Job to Adjust Gear or Uniforms, and They Must Adjust or Check Both Competitors to be Fair.**
8. Are referees allowed to talk to one another during a match? **No, To A Spectator, This Could Appear to Be Coaching or Persuading the Other Official on How to Vote or Who to Vote For.**
9. Can a referee be biased? **Yes. Refereeing For a Student You Instruct or Go to Class With, or Someone You Are Friends with, or Dislike is a Bias.**
10. Should you referee a match if there is a bias or if you feel like you can ignore the bias? **No. Even If You Think You Can Ignore the Bias, You Are Putting the Other Competitor at a Disadvantage. Allow Another Referee to Judge the Match So It Will Be Fair.**
11. Can a competitor ask for another referee or judge? **Yes, But Only Before the Match Begins. The Referee Cannot Be a Relative.**

12. Can a parent request another referee or judge? **Yes. They Must Make a Request to the Tournament Director Before the Match Begins. The Referee Cannot Be a Relative.**
13. Can Brown and Black Belts request their own referees? **Yes. Each Competitor is Allowed to Select One Black Belt as Their Referee Before the Match Begins. The Referee Cannot Be a Relative.**
14. Can a Black Belt be disqualified for excessive contact? **Yes. Point Sparring Rules Apply, Even to Black Belt Divisions.**
15. In the event of a "Bye Match", or a division of 3 people, how does that work? **The First Two Competitors Spar for First and Second Place. The Second Place Competitor Stays and Will Compete Against the Third Person. The Person Who Got Second Place in the First Match Will Receive Two Awards.**
16. In Team Sparring, how long are the matches? **In Team Sparring, the Time Limits are Set by The Tournament Director or Tournament Rules. Typically, Our Times for Team Sparring are As Followed:**
 - **White to Purple Belt Junior Matches – 45 Seconds**
 - **Red Belt Junior Matches – 60 Seconds**
 - **White to Purple Belt Teen and Adult Matches – 60 Seconds**
 - **Brown and Black Belt Matches – 90 Seconds**
17. How do you determine which team wins? **The Team with The Most Points at The End of All the Matches Wins.**
18. How many competitors can be on a team? **The Number of Competitors on a Team Can Vary by the Tournament Director or the Tournament Rules. Typically, Our Matches Have Between 2-3 Competitors on a Team.**
19. Who were the first Point Contact World Karate Champions?
 - **Skipper Mullins – Lightweight**
 - **Chuck Norris – Middleweight**
 - **Mike Stone – Light Heavyweight**
 - **Joe Lewis – Heavyweight**
20. Who were the first Full Contact World Karate Champions?
 - **Isaias Duenas – Lightweight**
 - **Bill Wallace – Middleweight**
 - **Jeff Smith – Light Heavyweight**
 - **Joe Lewis – Heavyweight**

BLUE TO PURPLE BELT STUDY TERMS

Vital Points for Self-Defense



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|-----------------------|------------------------|-----------------------|
| 1. Top of the Head | 11. Jaw or Chin | 21. Kidney |
| 2. Bridge of the Nose | 12. Spine | 22. Lung |
| 3. Philtrum | 13. Back of the Knee | 23. Heart |
| 4. Clavicle | 14. Eye | 24. Wrist |
| 5. Sternum | 15. Side of the Neck | 25. Elbow |
| 6. Chest | 16. Adam's Apple | 26. Palm |
| 7. Floating Ribs | 17. Windpipe or Throat | 27. Front of the Knee |
| 8. Shin | 18. Solar Plexus | 28. Achilles Tendon |
| 9. Ankle | 19. Abdomen or Stomach | 29. Buttocks |
| 10. Temple | 20. Groin | |

PURPLE TO BROWN BELT STUDY TERMS

PURPLE TO BROWN BELTS AND EACH LEVEL OF BROWN BELT WILL BE TESTED ON ALL OF THE KNOWLEDGE FROM WHITE TO PURPLE BELT AND MUST MEMORIZE THE FOLLOWING:

JUNIOR STUDENT TECHNIQUES

WHITE TO YELLOW BELT

Fighting Stance
Back Fist Strike
Fighting Punch
Side Kick
Roundhouse Kick
10 Class Hours
10 Push-Ups & Sit-Ups

YELLOW TO ORANGE BELT

Knife Hand Strike
Back Ridge Hand Strike
Lead Ridge Hand Strike
Front Kick
Double Roundhouse Kick
Knife Hand, Roundhouse, Back Ridge Hand
10 Class Hours
20 Push-Ups & Sit-Ups

ORANGE TO GREEN BELT

Hook Kick
Hook Kick-Roundhouse
Jump Front Kick
Knife Hand, Back Fist, Back Ridge Hand, Punch
10 Class Hours
30 Push-Ups & Sit-Ups

GREEN TO BLUE BELT

Jab
Spinning Back Kick
Crescent Kick
Spinning Side Kick
Side Kick, Jump Side Kick, Punch
Jump Front Kick, Roundhouse, Knife Hand
10 Class Hours
40 Push-Ups & Sit-Ups

BLUE TO 1st DEGREE PURPLE BELT

Jump Side Kick
Jump Hook Kick
Turning Hook Kick
Back Fist, Side Kick
Knife Hand, Jump Side Kick
Punch, Hook Kick-Roundhouse
Knife Hand, Back Fist, Punch
20 Class Hours
50 Push-Ups & Sit-Ups

1st DEGREE TO 2nd DEGREE PURPLE

Hook Punch
Back Leg Roundhouse Kick
Reverse Crescent Kick
Hook Kick, Jump Front Kick
Back Fist, Punch, Double Roundhouse, Punch
Hook Kick, Double Knife Hand, Back Ridge Hand
20 Class Hours
75 Push-Ups & Sit-Ups

2ND DEGREE TO 3RD DEGREE PURPLE

Flying Side Kick
Turning Jump Crescent Kick
Turning Jump Crescent Kick, Jump Front Kick
Hook Kick, Jump Side Kick
Knife Hand, Jump Spinning Back Kick
Back Fist, Punch, Back Ridge Hand, Side Kick
Dbl. Roundhouse, Hook Kick, Jump Side Kick
Check, Hook Kick-Roundhouse, Jump Side Kick
Back Ridge Hand, Side Kick, Dbl. Roundhouse,
Double Knife Hand, Punch, Flying Side Kick
20 Class Hours
100 Push-Ups & Sit-Ups

3RD PURPLE TO 1ST DEGREE RED

All Junior Techniques & 10 Minutes of Kicks

Forward Stance

Down Block

Lunge Punch

H-Form #1

Tools & Targets - Eyes

Tools & Targets – Palm Heel Stike

Tools & Targets – Slap/Ear Attack

Tools & Targets – Knee Stike

30 Class Hours

100 Push-Ups & Sit-Ups

1ST DEGREE TO 2ND DEGREE RED

All Junior Techniques & 10 Minutes of Kicks

Jump Spinning Back Kick

H-Form #1

H-Form #2

Tools & Targets - Eyes

Tools & Targets – Palm Heel Stike

Tools & Targets – Slap/Ear Attack

Tools & Targets – Knee Stike

Tools & Targets – Front Elbow Strike

Tools & Targets – Rear Elbow Strike

Tools & Targets – Hammer Fist

Tools & Targets – Back Kick

30 Class Hours

100 Push-Ups & Sit-Ups

2ND DEGREE TO 3RD DEGREE RED

All Junior Techniques & 10 Minutes of Kicks

Spinning Roundhouse Kick

H-Form #1

H-Form #2

H-Form #3

Tools & Targets - Eyes

Tools & Targets – Palm Heel Stike

Tools & Targets – Slap/Ear Attack

Tools & Targets – Knee Stike

Tools & Targets – Front Elbow Strike

Tools & Targets – Rear Elbow Strike

Tools & Targets – Hammer Fist

Tools & Targets – Back Kick

Tools & Targets – Side Kick

Tools & Targets – Front Kick

Tools & Targets – Spear Hand

Tools & Targets – Claw

30 Class Hours

100 Push-Ups & Sit-Ups