



Warrior Karate Academy

Yellow Belt Test Study Sheet

Stances

1. Attention (Yoi)
2. Ready Position
3. Horse Stance
4. Front Stance
5. Normal/neutral stance

Blocks

1. High Block
2. Middle Block
3. Low Block

Punches

1. High Punch
2. Middle Punch
3. Low Punch

Kicks

1. Front Kick
2. Roundhouse Kick

Self Defense Techniques

1. One defense against a grab

History/Tradition

1. What is the major difference between karate and martial arts?
2. How much of karate is mental? Physical? Technical?
3. Give the weights of the body according to the stances used:
 1. Horse Stance
 2. Front Stance
4. Who is the founder of karate?

Belt Tying

1. Remove belt and tie it back

Katas

1. Taikyoku Shodan