

# Kaizen

Invitational Martial Arts League



Official Test 2019

Welcome to the 2019 Kaizen Officials Test. This test is to ensure that all officials know and understand the rules. Once you have completed this test please mail your test and \$10 (Patch Cost) to:

Professor Rick Cropper at:

4601 E 18<sup>th</sup> St Apt 65

Vancouver, WA 98661

You will now begin the test.

1. During the traditional forms event can a contestant perform a creative kata?
  - a. Yes
  - b. No
2. During the creative forms event can a contestant perform a traditional kata?
  - a. Yes
  - b. No
3. What if the traditional forms are performed to music is it allowed in the creative division?
  - a. Yes
  - b. No
4. How much time does a competitor have to change uniforms if they report to a division in an unapproved uniform?
  - a. 3 minutes
  - b. 5 minutes
  - c. 10 minutes
5. If a competitor is 12 years old on January 1<sup>st</sup>, but turns 13 years old on February 1<sup>st</sup>. What age does the competitor compete as throughout the year? What does the rule state?

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6. How many patches/emblems are allowed on the Traditional forms and/or weapons uniform?
  - a. 2 patches/emblems
  - b. 4 patches/emblems
  - c. Unlimited
7. How many patches/emblems are allowed on the Creative/Sparring Uniform?
  - a. 2 patches/emblems
  - b. 4 patches/emblems
  - c. Unlimited
8. If a competitor studies more than one (1) art, what rank must the competitor compete as?
  - a. Lowest Rank Ever Earned
  - b. Highest Rank Ever Earned
  - c. Choice of the Competitor
9. During Sparring events does the competitor have to wear a belt?
  - a. Yes
  - b. No

10. During weapons events how, much time does the competitor have if the official finds the weapon to be used unfit. How much time does the competitor have to find a weapon that is allowed?
  - a. 2 minutes
  - b. 5 minutes
  - c. 10 minutes
11. During sparring matches how much time is in each match?
  - a. 1 minutes
  - b. 2 minutes
  - c. 3 minutes
12. During Black Belt Grand Championship Finals what is the time limit?
  - a. 1 rounds 2 minutes
  - b. 2 rounds 2 minutes per round
  - c. 2 rounds 3 minutes per round
13. What is the point spread during a under black belt sparring match?
  - a. 5 points
  - b. 7 points
  - c. Unlimited
14. What is the point spread during a black belt sparring match?
  - a. 5 points
  - b. 7 points
  - c. Unlimited
15. What is the point spread for the Black Belt Grand Championship Finals?
  - a. 7 points
  - b. 10 points
  - c. Unlimited
16. Is tape allowed to correct torn sparring gear?
  - a. Yes
  - b. No
17. How many points are hand techniques to the body or head?
  - a. 1 point
  - b. 2 points
18. How many points are kicks to the body?
  - a. 1 point
  - b. 2 points
19. How many points are kicks to the head?
  - a. 1 point
  - b. 2 points
20. Can a competitor score a head kick on a downed opponent?
  - a. Yes
  - b. No

21. How many seconds does a competitor have to complete a controlled take-down?
- 1 second
  - 3 seconds
  - 5 seconds
22. Define the Following:
- No Contact:  
\_\_\_\_\_
  - Light Contact:  
\_\_\_\_\_
  - Moderate Contact:  
\_\_\_\_\_
  - Excessive Contact:  
\_\_\_\_\_
23. If a competitor is on the ground can he/she score a head kick?
- Yes
  - No
24. If a competitor has one foot in bounds and one foot out of bounds can that competitor still score a point?
- Yes, as long as they do not lift the one foot that is in bounds
  - No, they have a foot out of bounds already
25. If a coach is taunting and being disrespectful to an opponent what should the center referee do?
- \_\_\_\_\_
26. Who is authorized to coach?
- Anyone who has a coach pass during registration
  - Anyone who wants to. No pass needed
  - No coaching is allowed
27. What events are coaches allowed in?
- Forms
  - Weapons
  - Sparring
  - All of the Above
28. How many timeouts can be called during a sparring match?
- 1-15 second time out per person
  - 2-10 second time outs per person
  - 1-10 second time out per person
29. Can a center referee override a majority vote?
- Yes
  - No
30. Who can call the break and/or stop the time to the match?
- Coach
  - Any Referee
  - Center Referee

Please fill out and return with your test and \$10.

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

Mailing Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Age: \_\_\_\_\_

Martial Arts Style: \_\_\_\_\_

School: \_\_\_\_\_

School Address: \_\_\_\_\_

Rank: \_\_\_\_\_

Once Kaizen staff receives your test. We will grade it. We will let you know the results. Once you pass the test we will send you a Kaizen Patch and certification card.

**Officials Attire for Kaizen Tournaments are as follows:**

**Black Blazer with Kaizen Patch on the left chest**

**Black Slacks**

**White Dress Shirt**

**Black Tie**

Test Results are good for two (2) years.

By signing and dating below you are agreeing to follow all of the rules and regulations as an official during all Kaizen Events.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date