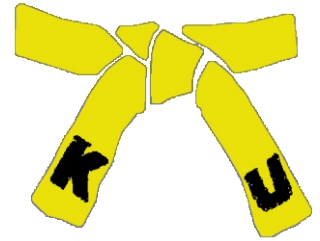




Yellow Belt Written Test



A "BASIC" is

- ☐ A - easy
- ☐ B - any single move
- ☐ C - a set of moves done at the same time

For Maximum Efficiency & Power in your technique a general rule/principle is:

- ☐ A - timing - your hand stops moving when your foot stops moving
- ☐ B - getting your strike done quickly
- ☐ C - waiting until the appropriate moment to perform your technique

A Block is

- ☐ A - using your arm to stop a punch
- ☐ B - an angle that causes an attacker to miss
- ☐ C - used against a weapon in motion with no intention to hurt

The Definition of a Neutral Bow is

- ☐ A - knee to heel depth, toe to heel width, and a slight bend in the knees
- ☐ B - keeping your weight 50/50 with your hands in a fighting position
- ☐ C - the basic Kenpo fighting stance

Rule #1 is

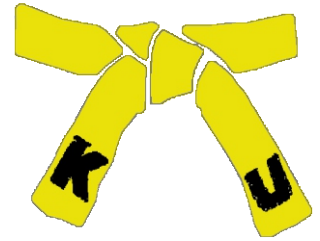
- ☐ A - only use karate on bullies and strangers
- ☐ B - karate is for defense only, always let the attacker swing first
- ☐ C - establish a base

You never fight from a Side Horse because it would break the rule of...

- ☐ A - get on top
- ☐ B - the circle in the square
- ☐ C - never get in your own way



Yellow Belt Written Test



The Definition of a kick is

- ☐ A - anything done with your foot or leg
- ☐ B - a motion using the bottom of your foot
- ☐ C - used to keep an opponent out of arms reach

When executing a technique

- ☐ A - block with the back hand first
- ☐ B - do each move individually and never do two things at once
- ☐ C - never cock or check as a separate motion

A Strike is

- ☐ A - anything done with your arm or hand with the exception to the front knuckles of the fist
- ☐ B - any hit done with only the hand or side of the hand
- ☐ C - using your hand and body together synchronized to hurt an opponent

When fighting, a basic rule of Kenpo is

- ☐ A - never take your eyes off of the eye/shoulder/shoulder triangle
- ☐ B - face your work
- ☐ C - keep bouncing so the attacker doesn't know what you're going to do

What are the two types of Horse stances we use

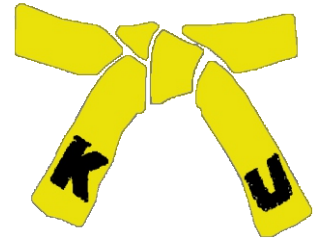
- ☐ A - formal horse and training horse
- ☐ B - fighting horse and standard horse
- ☐ C - kata horse and technique horse

A Definition of a Technique is

- ☐ A - a single move for one or more purposes
- ☐ B - combination of basics for a given or specified situation
- ☐ C - one of many fighting methods using combinations for sparring



Yellow Belt Written Test



Answer Page

Remember, cheating never gets you anywhere. When your instructor or Mr. Planas is standing in front of you waiting for an answer, you better know this material!

Don't look until you're done with your test.

- | | |
|------|-------|
| 1. B | 7. A |
| 2. A | 8. C |
| 3. C | 9. A |
| 4. C | 10. B |
| 5. C | 11. A |
| 6. C | 12. B |