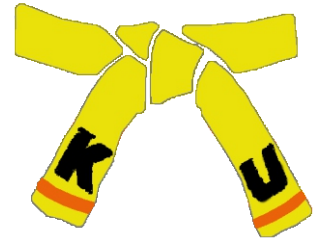




Advanced Yellow Belt Written Test



The Definition for Back-up Mass is...

- ☐ A - Having your friends help you out in a fight
- ☐ B - Keeping your fist tightly closed when you hit
- ☐ C - body weight moving in line with your strike on a horizontal plane

"A bracing angle which gives the rear hand reach and power" is the definition for

- ☐ A - a Rear Bow
- ☐ B - a Forward Bow
- ☐ C - any stance

In the technique "Clutching Feathers" the first move is to

- ☐ A - use the Pin/Step/Cock principle
- ☐ B - step back and strike forward in one smooth motion
- ☐ C - step back into a side horse to minimize your Width Zone

Torque is any rotation or twist. When the power principle is Torque the general rule is

- ☐ A - base, pivot
- ☐ B - turn quickly with the hips followed by the upper body
- ☐ C - changing sides facing your opponents by losing or gaining distance meaning forward or reverse

The definition of a punch is

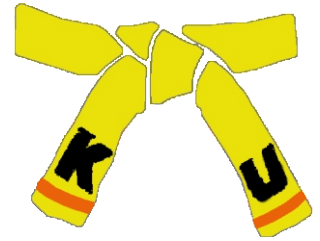
- ☐ A - pivoting the upper body while using your arm or hand to strike your opponent
- ☐ B - using the front knuckles of the fist
- ☐ C - striking at targets square so that there is no dissipation of power or deflection

Body weight dropping with your strike on a vertical plane is the definition of

- ☐ A - marriage of gravity
- ☐ B - establishing a base
- ☐ C - the power principle for a step through



Advanced Yellow Belt Written Test



"Do as much as you can at once without causing a detraction." is the exact definition for

- ☐ A - Speed
- ☐ B - Black Belt Reflexes
- ☐ C - economy of motion

You use a crossover to

- ☐ A - gain or lose maximum distance, a stance and a half, from your opponent without changing sides
- ☐ B - move from one major line to another without stopping or reversing
- ☐ C - kick across an opponents body to check out any possible attack

Compounding is doing two or more _____ in one beat.

- ☐ A - ducks and punches
- ☐ B - stances or footwork
- ☐ C - moves or strikes

Opposing Forces is

- ☐ A - when 2 strikes go directly toward or away from each other
- ☐ B - when 2 opponents face off against each other
- ☐ C - the normal psychological reason 2 people will get into a fight

Which of the following is a Kenpo Rule

- ☐ A - always keep your hands above your opponents
- ☐ B - never throw the first punch
- ☐ C - technique, control the arm, disarm

Minimizing an opponents leverage & nullifying his action is an example of

- ☐ A - borrowed reach
- ☐ B - a check
- ☐ C - a complimentary angle



Advanced 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. C

2. B

3. A

4. A

5. B

6. A

7. C

8. A

9. C

10. A

11. A

12. B