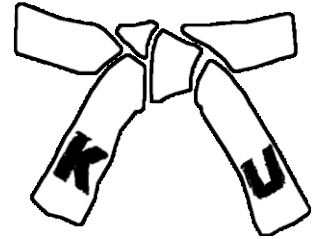




# General Information

## Written Test



The word "Karate" means "\_\_\_\_\_ Hand"

- ☐ -closed
- ☐ -empty
- ☐ -fighting

The Kenpo Motto said properly is

- ☐ -accuracy, power, speed
- ☐ -he who hesitates meditates in a horizontal position
- ☐ -strike first, strike fast, strike hard

We say the the Kenpo school colors are

- ☐ -red and black
- ☐ -white and red
- ☐ -black and blue

Never end...

- ☐ -without a "kiai"
- ☐ -a technique with your weak side
- ☐ -before the opponent submits

When blocking an arm on the inside,

- ☐ -block vertical for vertical and horizontal for horizontal
- ☐ -above the elbow ( elbow to triceps area)
- ☐ -block below the elbow ( wrist - forearm area )

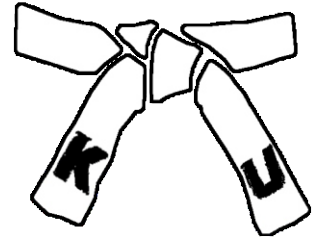
The word "Kenpo" is a Japanese term which means

- ☐ -fist law
- ☐ -the art of the fist
- ☐ -sword fist



# General Information

## Written Test



Kenpo is a study of motion based on

- ☐ A -rules and principles
- ☐ B -the 5 angles of attack and defense
- ☐ C -both of the above

to be a realistic "uke" or "dummy" you have to show good body reaction by

- ☐ A -holding where it hurts
- ☐ B -standing rock still so the other person can hit their targets
- ☐ C -always "kiaï" before attacking

Pain causes ...

- ☐ A -learning
- ☐ B -thought cancellation
- ☐ C -both of the above

"reading" an attack is

- ☐ A -the ability to recognize a "telegraph", or improper motion, from the opponent
- ☐ B -knowing when they are going to throw a punch
- ☐ C -positioning your hands so the attacker only has one target

The saying for the Salutation is: We the warriors and the scholars come together to go forth to fight, back to back to pull the country together.

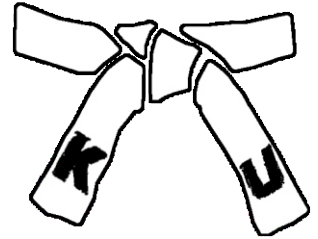
- ☐ A -We are fierce, we know no fear and persevere til the end
- ☐ B -We will overcome, adapt, and conquer any problem
- ☐ C -We have no weapons, we hide our secret and pray for forgiveness if we are forced to use them.

The rule for blocking is...

- ☐ A -horizontal for horizontal, vertical for vertical to oppose the angle
- ☐ B -vertical for horizontal or horizontal for vertical to oppose the angle
- ☐ C -always use an angle of deflection to oppose the angle



## General Information 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. A  |
| 3. C | 9. C  |
| 4. B | 10. A |
| 5. C | 11. C |
| 6. A | 12. B |