

Austin Society of Karate

Junior Black Belt Written Exam

Circle the correct answer:

- 1) Who is the founder of modern day Karate?
 - a. Bruce Lee
 - b. Ed Parker
 - c. Gichen Funakoshi
 - d. Wonton Gaipan

- 2) Karate began in what country?
 - a. Japan
 - b. China
 - c. Mongolia
 - d. India

- 3) Karate is divided up into three groups. What are they?
 - a. Sparring, Techniques, Self-Defense
 - b. Art, Sport, Self-Defense
 - c. Sparring, Sport, Techniques
 - d. Art, Techniques, Sparring

- 4) What is the most important part of a Kata?
 - a. Good Form
 - b. Breathing and Tension
 - c. Kicks and Punches
 - d. Deep Stances

- 5) The goal of karate is to train what?
 - a. Muscle memory
 - b. Mind
 - c. Body
 - d. Mind, Body & Spirit

- 6) Who is the father of karate in the United States?
 - a. Bruce Lee
 - b. Chuck Norris
 - c. Bill Wallace
 - d. Ed Parker

- 7) The most important aspect of your training is to have what?
 - a. Good Attitude
 - b. Good Techniques
 - c. Good Katas
 - d. Good Conditioning

- 8) Karate is made up of what?
 - a. Kicks, Punches and Strikes
 - b. Techniques, Sparring, and Self-Defense
 - c. Throwing Techniques, Sparring and Kata
 - d. Conditioning, Techniques, Kata

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- 9) What was the name of Funakoshi's first book on karate?
- Karate: It's a kick!
 - Ryukyo Kenpo Karate-do
 - Karate: Empty Hands Defense
 - A Basic Book on Self-Defense
- 10) What is Chuck Norris' birth name?
- Carlos Ray Norris
 - Charles Ray Norris
 - Billy Ray Norris
 - Charleston Norris
- 11) Where did Chuck Norris learn Tang Soo Do?
- Utah
 - Korea
 - Japan
 - Dallas
- 12) What was the name of the first tournament won by Chuck Norris?
- Tak Kubota's All Stars Tournament
 - California State Championships
 - All-American Karate Championships
 - U.S. Open
- 13) Bill Wallace was the Full-Contact Middleweight Champion from 1974-1980. How many matches did he fight?
- 20
 - 25
 - 15
 - 13
- 14) Bill Wallace's fighting style has influenced what school of karate?
- Austin Society of Karate
 - Kung Fu
 - Tai Kwon Do
 - Tang Soo Do
- 15) Ed Parker founded the first commercial karate school in the US West where?
- Utah
 - California
 - Arizona
 - Nevada
- 16) Ed Parker's martial arts style was?
- Tai Kwon Do
 - Tang Soo Do
 - Kung Fu
 - Kenpo Karate

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- 17) What is Judo mostly made up of?
- a. Kicks and Strikes
 - b. Weapons
 - c. Throwing and Grappling
 - d. Non-Contact Defense
- 18) What is Jujitsu mostly made up of?
- a. Judo and Karate
 - b. Kenpo and Shotokan
 - c. Kung Fu and Aikido
 - d. A & B
- 19) What is Aikido mostly made up of?
- a. Kicks and Strikes
 - b. Blocking and Hitting
 - c. Using opponents energy against them
 - d. Breaking
- 20) What is a Kata?
- a. A Series of Moves
 - b. Kicking and Punching Demonstration
 - c. A Formal Exercise
 - d. Karate Practice
- 21) What is Kung Fu is mostly made up of?
- a. Inspired systems for fighting, health development and dance
 - b. Self-Defense Techniques
 - c. Kicking Techniques
 - d. Techniques that look good in the movies
- 22) How many katas are in Shotokan karate?
- a. 7
 - b. 3
 - c. 16
 - d. 122
- 23) The most important part of sparring is what?
- a. Scoring Points
 - b. Blitzing
 - c. Winning
 - d. Timing and Distance
- 24) Bill Wallace uses three kicks in his fighting style. They are:
- a. Crescent Kick, Reverse Crescent Kick, Back Roundhouse Kick
 - b. Turning Jump Crescent Kick, Spinning Back Kick, Jump Spinning Back
 - c. Spinning Side Kick, Back Leg Roundhouse Kick, Inside Roundhouse
 - d. Side Kick, Roundhouse Kick, Hook Kick

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- 25) Funakoshi's first instructor was:
- a. Master Lee
 - b. Master Azato
 - c. Master Smith
 - d. Mr. Beaver
- 26) True or False: Chuck Norris failed his first Black Belt test.
- a. True
 - b. False
- 27) Bill Wallace earned what nickname?
- a. Superfoot
 - b. Superhands
 - c. Quick Kick Wallace
 - d. The Terminator
- 28) What does Tae Kwon Do mean?
- a. The Art of Beating People
 - b. The Way of the Empty Fist
 - c. This is going to hurt
 - d. The Art of Kicking and Punching
- 29) List the techniques learned as a Junior White Belt:
- a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
- 30) List the belt rating system in American Karate for juniors in order of achievement:
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BONUS QUESTIONS:

- 1) What was the name of Bruce Lee's first instructor?
- a. Yip Man
 - b. Chung Lo
 - c. Ed Parker
 - d. Bill Wallace
- 2) Where did Bruce Lee give his first major demonstration?
- a. 1980 U.S. Open
 - b. 1972 Diamond Nationals
 - c. 1964 Ed Parker Long Beach Karate Internationals
 - d. 1966 Chuck Norris Invitational

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- 3) What is the name of the martial arts system developed by Bruce Lee?
- a. Bruce Kwon Do
 - b. Jeet Kun Do
 - c. Tae Kwon Do
 - d. Jujitsu
- 4) Name two movies that Bruce Lee starred in:
- a. _____
 - b. _____
- 5) What is the name of Mr. Beaver's first Karate Instructor?
- a. Bill Gray
 - b. Chuck Norris
 - c. Ed Parker
 - d. Bill Wallace

