

# 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

## **Austin Society of Karate Junior Black Belt Written Exam**

- 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

## **Austin Society of Karate Junior Black Belt Written Exam**

- 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

**Austin Society of Karate  
Junior Black Belt Written Exam**

ESSAY: Receiving a Junior Black Belt brings great responsibility and recognition. Please explain why you believe you should receive this honor

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