

## **America's Best Karate** **Blue to Brown Belt Testing Questions**

Even though answers are provided, the students will still be tested orally on the answers, so it is important that they study and understand them.

1. Define Goal Setting. **Put in your own words.**
  
2. What does Judo mean, and where does it come from? **The gentle way. Japan.**
  
3. In evaluating a technique list in order of importance.  
**3 Speed 1 Effectiveness 2 Cleanliness 4 Strength**
  
4. Why is it important to set goals? **Put in your own words.**