

America's Best Karate
Green to Green-1 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. Courage is to do something in spite of Fear or Opposition.
2. What are the 3 parts to a spin back kick? Turn, Look, Kick
3. Explain what confidence means. Explain in your own word.
4. What is a win/win situation? Explain in your own words.