

America's Best Karate **Green-1 to Purple 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. Loyalty is our commitment to somebody or something. It is a bond of Trust that we develop with others.
2. Escrima originated in the Philippines.
3. The power in escrima is generated from the Wrist.
4. "Seek first to understand, then to be understood" means that we should spend more time Listening and less time Talking.