

America's Best Karate
Orange to Green Belt Testing Questions

1. Honesty is when we tell the Truth in spite of the Consequences.
2. Kung Fu means to be Skilled at.
3. Kung Fu comes from? China.
4. When demonstrating a side kick we point the knee Away from the target. On a roundhouse we point the knee Towards the target.
5. The 4 parts of a kick are Chamber, Kick, Re-chamber, Down.