

America's Best Karate

Red to Red/Black 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 charity. **Write your own definition.**
2. When sparring multiple opponents; what should you do? **Line them up, so that you are only sparring one at a time.**
3. The 2 most important factors when throwing a technique are Balance and Relaxation.
4. What scares you most about testing for black belt? **Write your own answer.**