

Orange Belt (Shichi Kyu) written test

Name _____ Date _____

1. What year was Tsuyoshi Chitose born? _____
2. What year did Tsuyoshi Chitose pass away? _____
3. Circle one: What year was the United States Chito Kai Federation founded? (1898) (1938) (1955) (1967) (1984)
4. Circle one: On the Chito Ryu crest, the blue kanji on the upper side represent (Karate-do) (All United States) (Chito Kai)
5. Name five sources of power: _____, _____, _____, _____, _____.
6. Circle one: When performing an *oi-tsuki*, or lunge punch, the front foot should be on the floor (before the punch) (at the same time as the punch) (after the punch)
7. Name the father of Modern karate-do:

8. Taikyoku Ni as created in the year _____ by _____ and _____.

9. Name 3 skills or areas of focus the student develops when practicing Taikyoku Ni: _____, _____, _____.

10. What are the names of stances that orange belt students should know, and what are their weight distributions?

1. _____, _____% front, _____% rear
2. _____, _____% front, _____% rear
3. _____, _____% front, _____% rear
4. _____, _____% front, _____% rear
5. _____, _____% front, _____% rear