

TENKARA KARATE-DO

KNOWLEDGE TEST

Each student should complete the General Terminology portion and up to and including their current rank.

Osu!!

General Terminology (93)

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|---------------------|-------|---------------------------|
| 1) 1 | _____ | 1 Assistant Instructor |
| 2) 2 | _____ | 2 Back fist |
| 3) 3 | _____ | 3 Back Kick |
| 4) 4 | _____ | 4 Back Up |
| 5) 5 | _____ | 5 Block |
| 6) 6 | _____ | 6 Bow |
| 7) 7 | _____ | 7 Bow to each other |
| 8) 8 | _____ | 8 Bow to Sensei |
| 9) 9 | _____ | 9 Brief Meditation |
| 10) 10 | _____ | 10 Chief Instructor |
| 11) Age | _____ | 11 Double or Both |
| 12) Ate | _____ | 12 Elbow |
| 13) Ato | _____ | 13 Elbow Side Strike |
| 14) Bunkai | _____ | 14 Elbow Strike to Rear |
| 15) Chudan | _____ | 15 Fore fist |
| 16) Chudan Soto Uke | _____ | 16 ForwardLeaningStance |
| 17) Chudan Tsuki | _____ | 17 Front Kick |
| 18) Chudan Uchi Uke | _____ | 18 Front Stretch Kick |
| 19) Dachi | _____ | 19 Go |
| 20) Dojo | _____ | 20 Groin Kick |
| 21) Dojo Kun | _____ | 21 Hachi |
| 22) Domo Arigato | _____ | 22 Headquarters |
| 23) Gedan | _____ | 23 High Area |
| 24) Gedan Barai | _____ | 24 High Area Block |
| 25) Gedan Tsuki | _____ | 25 High Area Elbow Strike |
| 26) Geri | _____ | 26 High Area Punch |
| 27) Gomen nasai | _____ | 27 Ichi |
| 28) Gyaku | _____ | 28 Inside-out |
| 29) Hajime | _____ | 29 Joint Kick |
| 30) Heiko Dachi | _____ | 30 Ju |
| 31) Hidari | _____ | 31 Jump |
| 32) Hidari Ashi Mae | _____ | 32 Kick |
| 33) Hidari Ashi Ura | _____ | 33 Knee Kick |

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|---------------------|-----|----|---------------------------------------|
| 34) Hiji | ___ | 34 | Kneel Down |
| 35) Hiji Age Uchi | ___ | 35 | Ku |
| 36) Hiji Chudan Ate | ___ | 36 | Left |
| 37) Hiji Jodan Ate | ___ | 37 | Left leg back |
| 38) Hiji Ushiro Ate | ___ | 38 | Left leg forward |
| 39) Hiji Yoko Ate | ___ | 39 | Line Up |
| 40) Hiza Geri | ___ | 40 | LowArea |
| 41) Honbu | ___ | 41 | LowArea Block |
| 42) Jodan | ___ | 42 | LowArea Punch |
| 43) Jodan Tsuki | ___ | 43 | Lunge |
| 44) Jodan Uke | ___ | 44 | Middle Area |
| 45) Kensetsu Geri | ___ | 45 | Middle Area Elbow Strike |
| 46) Kiba Dachi | ___ | 46 | Middle Area Inside-out Block |
| 47) Kin Geri | ___ | 47 | Middle Area Outside-in Block |
| 48) Kiyotsukete | ___ | 48 | Middle Area Punch |
| 49) Ma-Ai | ___ | 49 | Ni |
| 50) Mae Geri | ___ | 50 | No Mind |
| 51) Mae Keage | ___ | 51 | Normal Stance |
| 52) Mawashi Geri | ___ | 52 | Outside-in |
| 53) Migi | ___ | 53 | Practice Hall |
| 54) Migi Ashi Mae | ___ | 54 | Professor |
| 55) Migi Ashi Ura | ___ | 55 | Punch |
| 56) Mokuso | ___ | 56 | Respect, Acknowledgement and Greeting |
| 57) Morote | ___ | 57 | Reverse |
| 58) Mudansa | ___ | 58 | Right |
| 59) Mushin | ___ | 59 | Right leg back |
| 60) Naka-ni | ___ | 60 | Right leg forward |
| 61) Narei | ___ | 61 | Rising |
| 62) Oi | ___ | 62 | Rising Elbow Strike |
| 63) Onegai Shimasu | ___ | 63 | Rokko |
| 64) Osu | ___ | 64 | Round House Kick |
| 65) Reishiki | ___ | 65 | San |
| 66) San Mai | ___ | 66 | Sanchin Stance |
| 67) San Waza | ___ | 67 | Shi |
| 68) Sanchin Dachi | ___ | 68 | Shichi |
| 69) Seiken | ___ | 69 | Side Kick |
| 70) Seiza | ___ | 70 | Sit Down |
| 71) Sempai | ___ | 71 | Spin Before Strike |
| 72) Sensei | ___ | 72 | Stance |
| 73) Sensei Narei | ___ | 73 | Stand Up |
| 74) Shihan | ___ | 74 | Start |
| 75) Shugo | ___ | 75 | Stop |

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|--------------------|-----|----|----------------------|
| 76) Soto | ___ | 76 | Straddle Stance |
| 77) Suwatte | ___ | 77 | Strike |
| 78) Tachi Mas | ___ | 78 | Thank you |
| 79) Tatte | ___ | 79 | Three (3) times |
| 80) Tori | ___ | 80 | Relax |
| 81) Tsuki | ___ | 81 | Be Careful |
| 82) Uchi | ___ | 82 | Please Teach Me |
| 83) Uke | ___ | 83 | Mind Over Matter |
| 84) Ultigonarei | ___ | 84 | Center of the Dojo |
| 85) Ura Kata | ___ | 85 | Dojo Etiquette |
| 86) Uraken | ___ | 86 | I'm Sorry |
| 87) Ushiro Geri | ___ | 87 | Colored Ranks |
| 88) Waza | ___ | 88 | Black Belt Ranks |
| 89) Yame | ___ | 89 | Explanation of Moves |
| 90) Yasume | ___ | 90 | Proper Distance |
| 91) Yoko Geri | ___ | 91 | Technique |
| 92) Yudansa | ___ | 92 | Mission Statement |
| 93) Zenkutsu Dachi | ___ | 93 | Giver of Action |

White Belt Test

- 1) Chudan Soto Uke _____
- 2) Chudan Uchi Uke _____
- 3) Gedan Barai _____
- 4) Gyaku Tsuki _____
- 5) Hiji Age Uchi _____
- 6) Hiji Chudan Ate _____
- 7) Hiji Jodan Ate _____
- 8) Hiza Geri _____
- 9) Jodan Uke _____
- 10) Juji Uke _____
- 11) Kakato Geri _____
- 12) Kensetsu Geri _____
- 13) Kiba Dachi _____
- 14) Kin Geri _____
- 15) Kokutsu Dachi _____
- 16) Mae Geri _____
- 17) Mae Keage _____
- 18) Mawashi Geri _____
- 19) Oi Tsuki _____
- 20) Sanchin Dachi _____
- 21) Seiken Ago Uchi _____
- 22) Shotei Tsuki _____
- 23) Shotei Uchi Tsuki _____
- 24) Shuto Uchi Uchi _____
- 25) Uraken Hiza Uchi _____
- 26) Uraken Sayu Uchi _____
- 27) Uraken Shita Uchi _____
- 28) Uraken Shomen Uchi _____
- 29) Ushiro Geri _____
- 30) Yoko Geri _____
- 31) Zenkutsu Dachi _____

- A Back Stance
- B Back Straight Kick
- C Forefist Chin Strike
- D Forward Leaning Stance
- E Front Inverted Fist Strike
- F Front Kick
- G Front Stretch Kick
- H Groin Kick
- I Heel Kick
- J High Area Block
- K High Area Elbow Strike
- L Inside-out Knife Hand Strike
- M Knee Joint Kick
- N Knee Kick
- O Low Area Block
- P Lunge Punch
- Q Middle Area Elbow Strike
- R Middle Area Inside-out Block
- S Middle Area Outside-in Block
- T Palm Heel Block
- U Palm Heel Strike
- V Reverse Punch
- W Rising Elbow Strike
- X Roundhouse Kick
- Y Sanchin Stance
- Z Short Inverted Fist Strike
- 1 Side Inverted Fist Strike
- 2 Side Kick
- 3 Spleen Inverted Fist Strike
- 4 Straddle Stance
- 5 X or Cross Block

Blue Belt Test

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|-------------------------------|-----|---|------------------------------------|
| 1) Heiko Dachii | ___ | A | 45° angle |
| 2) Yonjugoto | ___ | B | Cat Stance |
| 3) Jun Tsuki | ___ | C | Collar Grab |
| 4) Kake Geri | ___ | D | Downward Knife Hand Strike |
| 5) Mune Dori | ___ | E | Driving Knife Hand Strike |
| 6) Nekoashi Dachii | ___ | F | Hook Kick |
| 7) Nukite | ___ | G | Inside-out Crescent Kick |
| 8) Oi Tsuki - Chudan Kake Uke | ___ | H | Inverted Fist Roundhouse Strike |
| 9) Oi Tsuki - Gedan Kake Uke | ___ | I | Knife Hand Inside-out Strike |
| 10) Shotei Uke | ___ | J | Knife Hand Roundhouse Circle Block |
| 11) Shuto Gammen Uchi | ___ | K | Knife Hand Spleen Strike |
| 12) Shuto Hiza Uchi | ___ | L | Knife Hand Temple Strike |
| 13) Shuto Mawashi Stow Uke | ___ | M | Outside-in Crescent Kick |
| 14) Shuto Sakutsu Uchi | ___ | N | Palm Heel Block |
| 15) Shuto Sakutsu Uchi Komi | ___ | O | Ready Stance |
| 16) Shuto Uchi Uchi | ___ | P | Pigeon Toed Stance |
| 17) Soto Mawashi Geri | ___ | Q | Punch and Downward Hook Block |
| 18) Uchi Hachi Ju Dachii | ___ | R | Punch and Upward Hook Block |
| 19) Uchi Mawashi Geri | ___ | S | Side Punch From Kiba Dachii |
| 20) Uraken Mawashi Uchi | ___ | T | Spear Hand |

Yellow Belt Test

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|------------------------------|-----|---|-------------------------------------|
| 1) Haito | ___ | A | 45 Degree Angle |
| 2) Jodan Ushiro Hiji Ate | ___ | B | Back Rising Elbow Strike |
| 3) Kake Dachii | ___ | C | Backward Elbow Middle Strike |
| 4) Koken Tsuki | ___ | D | Backward Elbow Upper Strike |
| 5) Koken Uke | ___ | E | Crane Stance |
| 6) Morote Tsuki | ___ | F | Descending Inside-out Crescent Kick |
| 7) Oi Tsuki - Kake Uke | ___ | G | Descending Outside-in Crescent Kick |
| 8) Oi Tsuki - Soto Kake Uke | ___ | H | Double Punch |
| 9) Oroshi Soto Mawashi Geri | ___ | I | Fist Edge Strike |
| 10) Oroshi Uchi Mawashi Geri | ___ | J | Hook Punch From Kiba Dachii |
| 11) Seiken Kake Tsuki | ___ | K | Hook Stance |
| 12) Sune Mawashi Geri | ___ | L | Inner Knife Hand |
| 13) Tettsui Tsuki | ___ | M | Power Block |
| 14) Tsuruashi Dachii | ___ | N | Punch and Hook Block |
| 15) Tsuyoi Kake Uke | ___ | O | Punch and Inward Middle Block |
| 16) Tsuyoi Uke | ___ | P | Re-enforced Hook Block |
| 17) Hiji Ushiro Age | ___ | Q | Shin Roundhouse Kick |
| 18) Hiji Ushiro Ate | ___ | R | Side Elbow Strike |
| 19) Yoko Hiji Ate | ___ | S | Wrist Block |
| 20) Yonjugoto | ___ | T | Wrist Strike |

Green Belt Test

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|------------------------------|-----|-------------------------------------|
| 1) Gedan Ude Uke | ___ | A Back Spin Kick |
| 2) Gyaku Dachi | ___ | B Boxing Type Hook Punch |
| 3) Hiji Orosi Ate | ___ | C Descending Elbow Strike |
| 4) Hiji Uke | ___ | D Double Forefist Rising Block |
| 5) Hirate Uke | ___ | E Elbow Block |
| 6) Kake Tsuki | ___ | F Fighting Stance |
| 7) Kumite Dachi | ___ | G Hook Punch |
| 8) Seiken Kake Uchi | ___ | H Inside-out Front Kick |
| 9) Seiken Morote Tatte Uke | ___ | I Open Palm Hand Block |
| 10) Soto Mae Geri | ___ | J Outside-in Front Kick |
| 11) Tsuki Age | ___ | K Outside-in Low Block |
| 12) Uchi Mae Geri | ___ | L Reverse Forward Leaning Stance |
| 13) Uraken Shita Age | ___ | M Spinning Outside-in Crescent Kick |
| 14) Ushiro Mawashi Geri | ___ | N Upper Cut |
| 15) Tegatana | ___ | O Upward Rising Punch |
| 16) Haiwan | ___ | P Outside of Forearm |
| 17) Ushiro Soto Mawashi Geri | ___ | Q Forearm as a Sword |

Brown Belt Test

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|-----------------------|-----|-------------------------------|
| 1) Age Mawashi Geri | ___ | A Inner Knife Hand Strike |
| 2) Fumikomi Geri | ___ | B Inside Knee Joint Kick |
| 3) Haishu Uke | ___ | C Inside-out Front Kick |
| 4) Haito Uchi | ___ | D Knee Block |
| 5) Gedan Waza | ___ | E Knife Hand Roundhouse Block |
| 6) Hiza Uke | ___ | F One Foot Forward Stance |
| 7) Kata Hiza Dachi | ___ | G One Knee Stance |
| 8) Moroashi Dachi | ___ | H Open Back Hand Block |
| 9) Musubi Dachi | ___ | I Open Toed Stance |
| 10) Seiken Tate Tsuki | ___ | J Outside-in Front Kick |
| 11) Shuto Mawashi Uke | ___ | K Rising Punch |
| 12) Niponken | ___ | L Rising Roundhouse Kick |
| 13) Soto Mae Geri | ___ | M Shin Block |
| 14) Sune Uke | ___ | N Vertical Punch |
| 15) Tsuki Age | ___ | O Low Area Techniques |
| 16) Uchi Mae Geri | ___ | P Two Finger Strike |