# CAMARILLO KENPO KARATE

Purple Belt Written Test

**Name:**
**Date:**

## True or False

1. T / F The original meaning of karate was "Hand of China" but was later changed to "empty Hand".
2. T / F Returning the left hand to the side as the right hand punches illustrates the principle of opposing forces.
3. T / F The parts of the foot that are used in kicking are the instep, heel, ball, knife edge' and toes.
4. T / F All 4 knuckles of the fist must make contact when striking.
5. T / F The clock Principle means to maneuver with the precision of a clock
6. T / F Mr. Parker created the Universal Patch by viewing films of himself backwards.
7. T / F Tamo (Daruma ) introduced a form of boxing to improve the meditation among the monks at the Shaolin Temple, eventually this evolved into what is now Kenpo.
8. T / F As we discover and improve our strong points they should come to outweigh our weaknesses.
9. T / F Colors of the belts are a constant reminder to the student that there is more to learn beyond whatever proficiency that they may already have.
10. T / F The dragon on the Kenpo crest represents a high level of physical skill.
11. T / F When using a drag step, more distance will be covered than when using a step drag.
12. T / F The reverse bow has a weight distribution of 60/40.
13. T / F Mr. Parker's instructor in Hawaii was Prof. William K. S. Chow.

## Multiple Choice

1. Point of origin is:
   a) the beginning, root or source of any movement.
   b) where Kenpo originated.
   c) the basic moves of Kenpo.

2. Branch refers to:
   a) a tree limb.
   b) the arm.
   c) the leg.

3. You should kiai:
   a) just prior to getting hit.
   b) at the very time of impact.
   c) immediately after being hit.

© 2010 Camarillo Kenpo Karate
All Rights Reserved

4. A wide kneel stance is used:
   a) to gain better access to low targets.
   b) to make your legs tired.
   c) To create a wider distance between you and your opponent.

5. The most effective form of self defense is:
   a) a weapon.
   b) Kenpo.
   c) avoidance of the situation.

6. "Wing" refers to:
   a) the arm.
   b) a flapping motion.
   c) the elbow.

7. Storm is a term used in self-defense techniques to refer to:
   a) a violent attack.
   b) a club attack.
   c) any weapon attack.

8. The weight distribution of a close kneel is:
   a) 60/40.
   b) 50/50.
   c) 40/60.

**General Knowledge**

1. List 3 reasons for a Kiai.
   1)
   2)
   3)

2. Explain Angle of Incidence.

3. What is frictional pull? List at least two techniques where the principle is found.

© 2010 Camarillo Kenpo Karate
All Rights Reserved

4. What is meant by Borrowed Force? List at least two techniques where the principle is found.

5. Explain the term Contouring.

6. What does it mean to Check?

**Short Form Two**

What do you think is the Theme to Short Form Two? Explain.

List four principles Short Form Two teaches.

1.
2.
3.
4.

**Pledge**

What is the Purple Belt Pledge?

© 2010 Camarillo Kenpo Karate
All Rights Reserved

Explain what this pledge means to you.

© 2010 Camarillo Kenpo Karate
All Rights Reserved