



**Youth Martial Arts Program  
Black Belt Written Examination**

*sage arts unlimited*

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**General**

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Date: \_\_\_\_\_

In no less than 200 words, on a separate piece of paper, discuss what it means to you to be a Martial Artist?

What does the rank of Black Belt mean to you?

What are the primary systems of Martial Arts that you've been studying here?

When did you start training?

## Vocabulary

On a separate piece of paper, briefly define the following terms:

Abaniko	Crossada	Porma	Strategy
Abecedario	Foible	Puñal	Tactics
Amarra	Form (As in Kata)	Punto	Takedown
Arco	Forte	Redondo	Throw
Attribute	Lobtik	Reverse Arco	Wittik
Body Mechanics	Pain Compliance	Skill	
Carenza	Payong	Songkite	

## Forms

What are the primary reasons for practicing forms, what does that type of practice give you?

When learning forms, we prioritize the order of how we learn them. Put the following in the order (1-5) that a student should learn a new form:

\_\_\_ Technique

\_\_\_ The Pattern

\_\_\_ Movement Transitions

\_\_\_ Cadence

\_\_\_ Stances Used

\_\_\_ Finesse

## **Strikes**

Why is it important to Warm-up and Cool-down when you workout?

What are the three parts to any kicking motion?

What does it mean to stick your kick?

How does that help you?

What are the three Primary Components of Balance?

## **Grappling**

In Grab Defense, what is the Response Pattern we use for most self-defense situations?

Why are Breakfalls important to know?

What are some rules for proper Breakfalls?

## **Ethics**

In general, which aspect of the Martial Arts is most important:

- |  |   |
|--|---|
| <input type="checkbox"/> Striking Skills       | <input type="checkbox"/> Fitness and Exercise       |
| <input type="checkbox"/> Grappling Skills      | <input type="checkbox"/> Weaponry Skills            |
| <input type="checkbox"/> Attribute Development | <input type="checkbox"/> Stretching and Flexibility |
| <input type="checkbox"/> Self-Defense Skills   | <input type="checkbox"/> Healing Arts               |
| <input type="checkbox"/> Teaching Others       | <input type="checkbox"/> All of the Above           |

Which of the following is most important to you? Put these in order of 1-5, with 1 being the most important and 5 being the least important:

- \_\_\_ Fame and Recognition
- \_\_\_ Learning, Developing Skill and Accomplishments
- \_\_\_ Being Nice, a Good Person
- \_\_\_ Having the Respect of Others
- \_\_\_ Helping Others Learn and Progress

Is it ever OK to hurt someone? Can you describe a situation in which it is?

In a Self-Defense situation, when do you stop striking your opponent?

- |                                   |                             |
|-----------------------------------|-----------------------------|
| ___ After the 1 <sup>st</sup> hit | ___ When they hit the floor |
| ___ When they stop moving         | ___ When the threat is over |
| ___ When you feel like stopping   | ___ When the Police arrive  |
| ___ When they run away            |                             |

What could happen if you don't stop when you should?

## **Primary Attributes of a Martial Artist**

In a paragraph or two, on a separate piece of paper, discuss what your experience in Martial Arts has taught you about these attributes, and why they are important to have as a Martial Artist:

Respect  
Kindness  
Awareness  
Patience  
Dedication  
Discipline  
Humility  
Imagination

Can you think of some other attributes that the practice of Martial Arts develops or requires?

## **Goals**

What areas in your training need the most work?

What areas in your training do you enjoy the most?

What area of the Martial Arts do you want to specialize in?

Who is most responsible for your progress as a Martial Artist? (Now and in the Future)

\_\_\_ Your Teacher

\_\_\_ Your Parents

\_\_\_ Your Training Partners

\_\_\_ You

How long do you intend to continue training in Martial Arts?