

Youth “Foundations of Self-Protection” Graduation Test

Questions based on the text of **Enlightened Self-Protection**

Name (print clearly) _____

Belt color _____ Date _____

1. What is the Japanese name of the martial art that you study at the Quest Center?

T __ - **S** __ __ __ **D** __

Extra credit... What do those 3 words mean in English?

In English, T __ means

In English, S __ __ __ means

In English, D __ means

2. In what country did the ancient martial art of the ninja begin?

3. What is the *greatest benefit* you feel that you have received as a result of working towards your Black Belt in the martial arts?

4. Why do you think you should receive a Black Belt?

5. Please list three of the secrets for making the techniques you have studied *more likely to be effective*. Think of the tips your coaches and instructors give you in class.

1.

2.

3.