

### Circle the Correct answer

- 1) Sparring:  
a) Yakusoku Kumite                      b) Jiyu Kumite                      **c) Kumite**
- 2) Freeing Technique:  
a) Nage Waza                              **b) Hazushi Waza**                      c) Ne Waza
- 3) Body Shifting:  
a) Suri Ashi                                **b) TaiSabaki**                              c) Zenshin
- 4) Throwing Technique:  
a) Naname                                 **b) Nage Waza**                              c) Gyaku Waza
- 5) Pushing Hands:  
**a) Kakie**                                      b) Randori                                c) Koshi
- 6) Three Step Drill:  
**a) Sandangi**                                b) Ippon Kumite                              c) Kihon Ippon Kumite
- 7) Pre-arranged Sparring:  
**a) Yakusoku Kumite**                      b) Jiyu Ippon Kumite                      c) Randori Kumite
- 8) Diagonally:  
**a) Naname**                                b) Kotae                                    c) Zenshin
- 9) Heavy/Sticky:  
a) Chiru No Chan Chan                      **b) Muchimi**                                c) Chinkuchi Kankin
- 10) Locking Technique:  
**a) Gyaku Waza**                              b) Ura Waza                                c) Kake Waza
- 11) Back Kick:  
a) Kansetsu Geri                              b) Mae Geri                                **c) Ushiro Geri**
- 12) Round House Kick:  
**a) Mawashi Geri**                              b) Mawashi Zuki                              c) Kappa Maki
- 13) Lower Sweeping Block:  
a) Ashi Barai                                **b) Gedan Barai Uke**                              c) Ushi Barai
- 14) Swinging Punch:  
a) Choku Zuki                                b) Age Zuki                                **c) Furi Zuki**
- 15) Pulling Block:  
a) Uchi Uke                                 **b) Hiki Uke**                                c) Chudan Yoko Uke
- 16) Lunge Punch:  
a) Jun Zuki                                 b) Shuto Uchi                                **c) Oi Zuki**
- 17) Cross Block  
a) Jodan Age Zuki                              b) Kake Uke                                **c) Kosa Uke**
- 18) Elbow Strike:  
**a) Hiji Ate**                                 b) Zuki                                      c) Geri

19) Pressing Block:  
a) Tora Guchi Uke

**b) Otoshi Uke**

c) Kansetsu Geri

20) Reverse Punch:  
**a) Gyaku Zuki**

b) Ura Zuki

c) Chudan Choku Zuki