



## BLACK BELT QUESTIONS

### JUNIORS

1. **Q.** What does it mean to be a Black Belt?  
**A.** Being a Black Belt means different things to different people. Generally speaking, being a Black Belt means that you always try to be a better person. To do this, have high standards and practice self – control. Play hard but fair; eat healthy foods and get plenty of rest. Help in your family, your school and your neighborhood. Come to class consistently and practice martial arts daily.
2. **Q.** What does “Karate” mean?  
**A.** It means “empty hand” or hand “empty of emotion.” Most techniques that we practice are done without weapons or with “empty hands.” It is important to stay focused on whatever you are doing, hence, “empty of emotion.” Pay attention to what you are doing in martial arts and don’t let your mind wander or let your emotions get out of control.
3. **Q.** Explain the meaning of the bow and where it comes from.  
**A.** It is a traditional Kosho Ryu Kenpo bow developed in Japan by the Mitose Clan. “Kigan” stands for peace. “I always search for a peaceful solution.” “Kaishu” stands for optimism. “I always look for the good in people and situations.” “Hoken” means humility. “I will not brag. I am judged by what I do, not what I say.”
4. **Q.** What is true self-defense?  
**A.** True self-defense is not just defending yourself against, bad situations, but also against poor health, a bad attitude, and negative thoughts.
5. **Q.** How do you practice true self-defense?  
**A.** You can practice true self-defense by living a positive, proactive, martial arts lifestyle.
6. **Q.** What should you do in a bad situation?  
**A.** Here are some suggestions you should try:
  1. Think about the situation... “Yes, this is a problem and I need to deal with it!”
  2. Decide what you want to happen.
  3. Ask yourself... “Is what I am feeling right now going to help me deal with the problem?” If it is, continue on. If it’s not, ask yourself... “What would be the best emotion to help me deal with this problem?” Then do your best to adjust.
  4. Take immediate action.
  5. Follow through with your plan.

7. **Q.** What are the ABC's of conflict avoidance?  
**A.** a. Avoid potentially dangerous situations  
b. Be calm and breathe  
c. Communicate with confidence.  
d. Don't put yourself in a worse situation than you are already in  
e. Environment can create opportunities (look around)  
f. "Fire" is better to yell than "Help"  
g. Get away..... the object is not to win but to get out of there  
h. Hit hard, hit fast, hit first, hit last
8. **Q.** If you are confronted by someone you feel could possibly try to harm you or a family member, what should you do?  
**A.** Your first choice should always be to leave and get help. But if that's not possible then here are some basic guidelines to follow:  
1. Take a few deep breaths to help you remain calm and logical.  
2. Stand tall; look directly at the person and be confident.  
3. While keeping eye contact make it clear you want to solve the situation peacefully
9. **Q.** If a physical fight is unavoidable, what steps should you take to make sure you are safe?  
**A.** To begin with, there are no steps that you can take that will guarantee your safety, but there are plenty of things that you can do to stack the odds in your favor. The first step is to decide what you want to happen. Is it to escape? Or am going to have to fight? Once you know this, then you can decide what to do. If I want to escape, then my plan will be to "stun and run." If I need to fight then my plan is to do anything and everything that I can to defend myself.
10. **Q.** What can you expect to happen in a violent situation?  
**A.** You can expect to get hit. You can expect to get hurt. You can expect the unexpected. This is why it's so important to avoid a violent situation at all costs. No one wins.
11. **Q.** Who is a mighty person?  
**A.** One who has control over their emotions and can make friends of their enemies.
12. **Q.** Explain the meaning of the Principles of Black Belt.  
**A.** (This too is subject to the interpretation of each student.)