



Anshin Ryu Karate: Examination Answer Sheet

空手道

Black Belt (1st Dan).

1. There is no set answer to this as it's the student's own personal answer. However, mine would probably be as follows:
“A black belt is important to me as it reflects a standard of knowledge I have gained in the art I have been studying. This level is by no means the top or the end but the beginning! The 1st Dan is like the transition of a Junior becoming a young Adult. From this stage in their life they grow older, wiser and more experienced, as does the 1st Dan as they go through the Dan grades. Improving their knowledge and technical ability. Thus a black belt is important to the dojo because it reflects the knowledge and technical ability which is present which intern gives the dojo prestige.”
2. If we understand In-Yo concept in the martial arts then this can be applied to everyday life, such as in our breathing, sleeping, eating, drinking and making the right decisions in all aspects of life such as money matters and personal relationships. For example, when to be hard, when to be soft, aggressive or defensive, what types of food to eat and when to eat them.
3. Philosophy of BUDO is a **way of life** that involves dedication to ones leaders, Sensei, to martial arts, a pure heart, honesty and dedication to help society and others once ones own life is in order. It involves steadfast training and practice, spiritual growth, and the thinking of a peacemaker. It involves striving to cut out evil forces or evil Ki in this world and not just be a passive participant.
4. There is no set answer to this as it's the student's own personal answer. However, mine would probably be as follows:
“To me Karate is just one part of BUDO (way of life) the other being Kobudo (Weapons). It is my way of staying healthy and looking after family and myself. It hopefully has made me a better person and has increased my circle of friends and expanded my knowledge of life. It is not just about defending oneself as there is much much more to karate than that! It develops you as a person, in physique, confidence and spirit. It also allows me to pass this knowledge onto others who are willing to accept it and learn.”
5. Chinto means: *“fighting towards the East”*.
6. Sanchin means: *“Three Battles”*.
7. The following stances are:
 - a). Sagiashi Dachi - Heron stance or Crane stance.
 - b). Gyaku Nekoashi - reverse cat stance.
 - c). Shiko Dachi - Sumo stance or straddle stance.
8. The kata Empi means *“Flying Swallow”*.
9. There is no set answer to this as it's the student's own personal answer. However, mine would probably be as follows:
“Providing you have a pure heart and the spirit to win then there is no disgrace to lose. As then you have already won in becoming a better person in everyday life.”
10. Tamashiwara is the breaking of objects such as wooden blocks and tiles etc. It tests the karate-ka's power and technique.
11. *“Sen No Sen”* means the timing required to take the combative initiative away from your opponent who has begun an attack but before he has completed his attack on you.
12. Metske is your gaze on your opponent and this should reflect your ability in martial art, your seriousness and intent to defend yourself. A good Metske may diffuse an attack thus preventing you from having to defend yourself.



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13. Makiwara is a striking post, which helps in the development of power, kime, and conditioning of the hands and feet, or part of the body, which is being used to do the striking.
14. A good structured training program consists of:
 - 1). Warm ups.
 - 2). Aerobic exercises
 - 3). Stretching
 - 4). Training, such as basics, combinations, kata, bunki, kumite etc.
 - 5). Calisthenics for strength
 - 6). Cool downs, and
 - 7). Meditation.
15. There are quiet a few, here are some: Seiken, Uraken, Tettsui, Ipponken, Hiraken, Koken (wrist), Keiko (chicken beak), Shuto, Haito, Haishu (back hand), Nukite, Ninukite, Teisho, Kote which includes Naiwan (inner forearm) and Gaiwan (outer forearm), and Empi.
16. The “structure” of English karate is - Karate Governing Body followed by Association, and then Club level.
17. Pad work is very much like using the Makiwara (see above) as it allows us to use our power to the full. It also develops Aerobic and Anaerobic stamina.
18. Freestyle karate is modern and has moved away from the Old ways. It may not have certain aspects in the style such as kata and bunki. They tend to wear coloured gi and concentrate on sport karate. Traditional karate has kept the form of the Old ways, concentration all its aspects, such as etiquette, kata, bunki etc. Its main objective is martial art and budo and not necessarily sport karate. Traditional karate-ka will wear the traditional white gi.
19. Stretching exercises are important to increase flexibility of the muscles thus enabling us to carry out the techniques, which are involved in karate. They also promote good health in the joints and tendons. They are especially important to do after calisthenics as these strengthening exercises will shorten the elongation of the muscles.
20. A good cool down program includes:
 - 1). Exercises to increase our heart rate in order to get the blood pumping around the body and the oxygen back in.
 - 2). Stretching to break up the lactic acid which has been produced.
 - 3). Meditation to finally relax and lower the heart rate and blood pressure.

ESSAY.

This should be a minimum of 1000 words.