



# Anshin Ryu Karate: Examination Question Sheet

空手道

## **Black Belt (1st Dan).**

1. How is a black belt important to you and the dojo?
2. How is the philosophy on *In-Yo* (*Ying-Yang*) applied to everyday life?
3. Briefly describe the philosophy of *BUDO*.
4. What does karate mean to you?
5. What does *Chinto* mean?
6. What does *Sanchin* mean?
7. What are the following stances:
  - a). Sagiashi Dachi?
  - b). Gyaku Nekoashi?
  - c). Shiko Dachi?
8. What does the Kata *Empi* mean?
9. What does the following phrase mean to you:  
***“It is no disgrace to lose, if one has sought to win”***
10. What is Tamashiwara and what does it test?
11. What is “Sen No Sen” mean?
12. Why is *Metske* important?
13. In what way does a Makiwara help in training?
14. What would a good structured training programme consist of?
15. Name as many striking techniques which can be executed using the arms and hands.
16. What is the “structure” of English karate?
17. What is the purpose of pad work?
18. What do you understand about Traditional and Freestyle Karate?
19. Why are stretching exercises important after callisthenics?
20. What is a good cool down programme?

## ESSAY.

You are also required to write an essay on either one of the following topics with a minimum of 1000 words:

- a). **Life of a Karate Master.**
- b). **Karate and its History. (Only if this was not submitted for 1st kyu).**
- c). **History of Shotokan Karate in England.**

These may be displayed on the website.

**Note: Must achieve 80% of questions correct or fail grading.**