



## Anshin Ryu Karate: Examination Answer Sheet

空手道

### Blue Belt – Black Stripe (4th Kyu).

1. Pinan Nidan, Shodan, Sandan, Yodan and Godan. Or Pinan Sono Ichi, Pinan Sono Ni, Pinan Sono San, Pinan Sono Yon and Pinan Sono Go.
2. So as your instructor can teach you new techniques and that you will take them in. This is a parable originally told by a Zen Master. If you come to a tea ceremony with your cup already full then there will be no room for your host to pour in fresh tea. Even if you come with the cup half full your host will pour tea in and it will over flow. You will receive no new fresh tea and you are stuck with stale tea. Here your cup is your mind and the fresh tea is the new knowledge and ideas given by your instructor.
3. KO-KYU-HO is method (or law) of breathing. “Ko” means to exhale, “Kyu” means to inhale and “Ho” means law of breathing. It is important because it develops our Ki and circulates it through our body and thus we become more effective and powerful.
4. Ki is the electromagnetic energy, the life force in all things, and not just the living. It gives us maximum effective power.
5. YORIASHI is a slide step.
6. The following are:
  - a). Dan-Chu - breast bone.
  - b). Sui-Getso - sola plexus,
  - c). Kote - fore arm,
  - d). Kin-Teki - groin,
  - e). Me - eyes.
7. “Hanmi” means half-facing.
8. KuShanKu.
9. The Japanese terminology for the following terms is:
  - a). Technique - Waza,
  - b). Basic - Kihon,
  - c). Block - Uke,
  - d). Stance - Dachi.
10. Tuski-waza is a linear strike as in Junzuki and Uchi-waza are the other strikes such as Haito and Shuto.
11. Stances are:
  - 1). Shizenhontai,
  - 2). Kiba Dachi,
  - 3). Kokutsudachi,
  - 4). Sagiashi Dachi.
12. Kushanku is the name of a person who invented the Kata.
13. The purpose of kumite is to develop:

Timing, Speed, Distance and the ability to see your opponent’s movements.
14. The body should be properly warmed up so as we don’t injure ourselves, such as pull or tear muscles.
15. To reduce our heart rate in order to reduce our blood pressure, to get back the oxygen into our system so as we can go home fully recovered from our hard training session.