



Anshin Ryu Karate: Examination Question Sheet

空手道

Blue Belt Black Stripe (4th Kyu).

1. Either name all the *Pinan Kata* or *Pinan Sono Kata*.
2. Why is it important to have an open mind when you learn karate or any other martial art?
3. What is *KO-KYU-HO* and why is it important?
4. What is “KI” or “CHI”?
5. What is YORIASHI?
6. What are the following:
 - a). Dan-Chu?
 - b). Sui-Getso?
 - c). Kote?
 - d). Kin-Teki?
 - e). Me?
7. What does “HANMI” mean?
8. Name the first advanced Kata.
9. What is the Japanese terminology for the following terms:
 - a). Technique?
 - b). Basic?
 - c). Block?
 - d). Stance?
10. Give examples to explain the differences between *Tsuki-waza* and *Uchi-waza*?
11. Name four types of stance (these need to be different types).
12. What does *Kushanku* mean?
13. What is the purpose of Kumite?
14. Why should we make sure that the body is properly warmed up prior to training?
15. What is the purpose of meditation at the end of a hard training session?

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