



Anshin Ryu Karate: Examination Answer Sheet

空手道

Brown Belt – Black Stripe (1st Kyu).

1. Kata practice is important because it provides us with a series of movements for a variety of situations, via combinations of techniques and transition of stances, and the understanding of the bunki. It also enables us to make these combinations and movements a habit.
2. Zanshin is awareness. A state of mind that must be kept at the end of all movements as the fight might not be over. To be aware of what is going on around you and of your opponent at all times. ZAN means “remaining” and SHIN means “mind, heart or spirit”.
3. “Tohzan no metsuke” means looking at things as if looking at mountains in the distance. “Kan ken no metsuke” means to look at distant objects as if they are very close in range to you. In other words to be aware of all things close and far. This way you will develop “martial art eyes” and the ability to see movements of any opponents around you. NOTE: 1). “Tohzan no metsuke”: “Toh” means “a far away distance”, “Zan” means “mountain”, “No” means “of”, “Me” means “eyes” and “Tsuke” means “part being gazed upon”.
2). “Kan ken no metsuke”: “Kan” means “see” and “Ken” means “look”, “no metsuke” is the same as above.
4. You should train to your fullest capability every time in the dojo. Putting effort, power, speed and technical capability into each movement in order to improve yourself. You should strive to increase these each time you come to the dojo to train and not just go through the motions of training; this will not improve you at all.
5. It is important to get oxygen back into the body after a hard training session so as to allow for the recovery of the muscles and tissues, which will have toxins, lactic acid, in them from the hard training. This will then enable you to go home with out feeling too exhausted and with muscle fatigue.
6. 1). Jiu-jitsu, 2). Judo, 3). Aikido, 4). Kyudo (archery), 5). Kendo (swords).
7. Keinosuke Enoeda was the sensei that died in 2003 and Yoshinobu Ohta succeeded him, both were heads of England’s Shotokan Schools. Hirokazu Kanazawa is the head of Shotokan Karate-do International Federation.
8. This well-respected head of Wado International Karate-do Federation in England was Tatsu Suzuki.
9. Kobudo training helps with Karate training, as the practitioner has to develop co-ordination techniques when they have a weapon in their hands. For those who are not skilled in Kobudo will lose this co-ordination when they pick up a weapon. Thus Kobudo helps in one way to co-ordinate our movements, and also teaches us typical distances we need to defend ourselves when an opponent has a weapon in their hands.
10. Four even stances are: 1). Shiko Dachi, 2). Kiba Dachi, 3). Sanchin Dachi, 4). Uchihanchiji Dachi.
11. TOBI YOKOGERI is jumping sidekick.
12. The following are:
 - a). Ayumiashi is “Walking” - taking one step forward or backwards.
 - B). Kagami is “ducking”.
13. Sanbon Gumite is three-step sparring.
14. KIME means focus.
15. Nihanchi or Nifanchin literally means Iron Horse
16. Dan means “degree”.
17. Jitte means “ten hands”.



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18. Four aspects, which are required to be a good instructor, are: 1). To explain well, 2). Show the technique correctly, 3). See the imperfections in the student's techniques, 4). To give constructive criticism.
19. Criteria which makes a good technique are as follows: Good Form, Correct Attitude, Vigorous Application, Zanshin, Proper Timing, Correct Breathing, Kime, Balance, Power, Good Transition between stance, Correct Weight Distribution and Tension in Stance.
20. Five vital striking points to the body are: 1). Temple, 2). Eyes, 3). Throat, 4). Solar Plexus, 5). Groin. There are others not mentioned here.

ESSAY.

This should be a minimum of 500 words.