



Anshin Ryu Karate: Examination Question Sheet

空手道

Brown Belt Black Stripe (1st Kyu).

1. Why is Kata practice important?
2. What is *Zanshin*?
3. What is “Tohzan no metsuke” and “Kan ken no metsuke”?
4. How should you train in the dojo?
5. Why is it important to get oxygen back into the body after a hard training session?
6. Apart from karate name five other Japanese martial arts.
7. There were two main schools of Shotokan in England. One of the Sensei sadly died in 2003 who was he and who is his replacement for JKA-England, and who is the other Top Sensei of the Shotokan Karate-do International Federation?
8. The head of Wado International Karate-do sadly died in 2011, who was this well respected martial artist?
9. How does Kobudo training help with Karate training?
10. Name four even stances.
11. What is *TOBI YOKOGERI*?
12. What do the following mean:
 - a). Ayumiashi?
 - b). Kagami?
13. What is *Sanbon Gumite*?
14. What is *Kime*?
15. What does Nihanchi or Nifanchin Kata mean?
16. What does *Dan* mean?
17. What does *Jitte* mean?
18. What four aspects are required to be a good instructor?
19. What criteria makes a good technique?
20. Name five vital striking points on the body?

ESSAY.

You are also required to write an essay on either one of the following topics with a minimum of 500 words:

- a). Martial Arts in general.**
- b). History of Wado-Ryu in England.**

These may be displayed on the website.

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