



Anshin Ryu Karate: Examination Answer Sheet

空手道

Orange Belt (7th Kyu).

1. Kata means mould or form.
2. Positive affirmative expression and never negative. It is used as a response, for example from a question given by the instructor.
3. Kiai is a martial yell or shout coming from the Hara. We do this for the following reasons:
 1. To deliver power at the time of impact to a strike or block.
 2. To make out opponent blink, to put them off, so as we can strike first.
 3. To tense the hara, stomach, as this is where the kiai comes from.
 4. To get noticed so as witnesses can, if necessary, come to our aid.
4. An-shin ryu comes from the schools of Shotokan, Wado Ryu and Kamishin Ryu.
5. Can not spar without safety equipment, hold a current licence and be supervised by a club instructor. No running around prior to training. Have the correct dress and good hygiene.
6. The following terms are:
 - a). Kihon Tsuki Waza - Basic Striking Techniques.
 - b). Kihon Keri Waza - Basic Kicking Techniques.
 - c). Renraku Waza - Combination Techniques.
7. The red Dragon represents the Kobudo system of the group, while the Tiger represents the Karate system. They are both in front of the In-Yo (or Yin-Yang) which represents the opposites, such as Karate-Kobudo, Hard-Soft, Strikes-blocks, etc. All of which can be seen in both of the Martial Art Systems
8. Shoumen is the front of the dojo where the Kamiza (shrine) would be.
9. Ryu means School.
10. The following terms are:
 - a). Jodan - Upper level or head height.
 - b). Chudan - Middle level or mid section.
 - c). Gedan - Lower level.
11. Sparring.
12. The Karate was founded on the 31st March 1992.
13. There are many types, here is the popular three: Wado-Ryu, Shotokan, and GoJu-Ryu.