



Anshin Ryu Karate: Examination Question Sheet

空手道

Orange Belt (7th Kyu).

1. What does *Kata* mean?
2. What does “OSSU” mean?
3. What is “KIAI” and why do we do it?
4. What three schools make up our style of karate?
5. List all the safety aspects for training in the dojo?
6. What does the following mean:
 - a). KIHON TSUKI WAZA?
 - b). KIHON KERI WAZA?
 - c). RENRAKU WAZA?
7. Explain the meaning of the Kodokan Martial Art badge.
8. What does *SHOUMEN* mean?
9. What does *RYU* mean?
10. What are the following :
 - a). JODAN?
 - b). CHUDAN?
 - c). GEDAN?
11. What is *KUMITE*?
12. When was our **Karate** founded?
13. Name three types of Japanese Karate styles?

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