



Anshin Ryu Karate: Examination Answer Sheet

空手道

Purple Belt – Black Stripe (3rd Kyu).

1. 9th Kyu (ku-kyu): White belt, 8th Kyu (hachi-kyu): Yellow belt, 7th Kyu (Shichi-kyu): Orange belt, 6th Kyu (Rok-kyu): Green belt, 5th Kyu (Go-kyu): Red belt, 4th Kyu (Shi-kyu): Blue belt Black Stripe, 3rd Kyu (San-kyu): Purple belt Black Stripe, 2nd Kyu (Ni-kyu): Red belt Black Stripe, 1st Kyu (Ichi-kyu): Brown belt Black Stripe.
2. The best way for the Sempai to help the Kohai is for them to practice to the best of their ability and to be a good student.
3. Kihon is the basic foundation upon which all things are built from. For example you can't read without first learning the alphabet. A house has to have a foundation before the roof can be attached or the whole thing falls down. This is the same for your martial art, without the foundation the art will not work.
4. Kata was created so as people could have a means of self-defence without receiving injuries or risking death. It also develops reflex and drilling techniques into the student.
5. The seven steps are:
 - 1). Kihon (basics).
 - 2). Renraku Waza (Combinations).
 - 3). Kata
 - 4). Bunki.
 - 5). Yakusoku Kumite (Prearranged sparring),
 - 6). JiYu Kumite
 - 7). Self-Defence.
6. This is the method for breathing. There are many different types. One of the basic type is the pendulum breathing method. Sitting and breathing 4 seconds in through the nose and 4 seconds out through the mouth. Another one is to exhale twice as long as the inhale. When moving during karate, breathing is most important and should be developed. In all types of breathing you should pay special attention to your Ki-Kai-Tanden, as it develops your Ki.
7. Ichi, ni, san, shi, go.
8. Four natural stances are: Heisoku Dachi, Musubi Dachi, Fudo Dachi and Heiko Dachi.
9. Joint manipulation, Aerobic and then Stretching.
10. Wado-Ryu, Shotokan, Goju Ryu, Kyokushinkai, Shito Ryu, Shukokai.
11. Okinawa.
12. "ASHIBARAI" is a sweep.
13. "IPPON KUMITE" means one-step sparring.
14. "TSUGI-ASHI" is a step up to the front foot then move the front foot forwards. This can be done going backwards as well.
15. Shutouchi is knife hand strike and Shutouke is knife hand block.
16. Nihon Nukite is two-finger spear hand.

17. Clean white gi, clean finger and toenails - cut short, clean hair, foot protection if suffering from athlete's foot or verrucae.
18. Touch and off not to cause an impact and always not to injure your fellow student.
19. Otherwise you can loose the ability to think clearly and to act decisively in order to protect yourself.