



Anshin Ryu Karate: Examination Question Sheet

空手道

Purple Belt Black Stripe (3rd Kyu).

1. List all the kyu grades and their coloured belts.
2. When practising in the martial arts school, what is the best way the *Sempai* can help the *Kohai*?
3. Why is Kihon important in all things, and not just in practising martial arts?
4. Why was Kata created?
5. What are the seven steps or levels of Karate training?
6. Explain about *KoKyu-Ho*. What are the basic *Kokyu-ho* techniques?
7. What is one to five in Japanese?
8. Name four Natural Stances.
9. In what order should warm ups be carried out?
10. Name six Japanese Karate styles.
11. Karate can be traced back to three main styles:
1). Shuri-te 2). Naha-te and 3). Tomori-te.
Where did these originate?
12. What is “ASHIBARAI”?
13. What does “IPPON KUMITE” mean?
14. What is *TSUGI-ASHI*?
15. What is the difference between *Shuto-uchi* and *Shuto-uke*?
16. What is *Nihon Nukite*?
17. What is important hygiene while training in the dojo.
18. What does controlled technique mean?
19. Why is it important never to get angry or lose your temper in a fighting situation?

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