



Anshin Ryu Karate: Examination Answer Sheet

空手道

Red Belt (5th Kyu).

1. The TANDEN is where your Ki is stored which controls the Ki Flow. It is located four fingers below the navel in the centre of the body.
2. Never enough as karate is a way of life (Karate-do), an ongoing process and lifetime endeavour to master.
3. WADO-RYU was founded by Hironori Ohtsuka and it means the “Way of Peace”.
4. A multi-style association is one that has schools of all different disciplines, such as Karate, Kung Fu, Tae-kwondo, modern free-style and traditional schools.
5. Five Japanese karate styles are:
 - 1). Wado-ryu. 2). Shotokan. 3). Goju-ryu. 4.) Shito-ryu.
 - 5). Kyokushinkai.
6. We wear a white gi because we are a Traditional Style and not a modern Free Style Karate.
7. KIAI literally means, “Putting together the life force”. Ki means “Life Force” or energy, and Ai means “Put together” or harmonise.
8. The answer to this is:
 1. Look into the eyes. This has the advantage to dominate your opponent and to put them off. However, this needs to be practised because it could work against you. It also shows your intent and that you are not afraid.
9. The following terms are:
 - a). Ippon Ken - One finger fist.
 - b). Seiken - Normal fist.
 - c). Nukite - Spear hand.
 - d). Hiza - Knee.
10. We practice bunki to understand the movements and to learn: Ma-Ai (distance), timing, speed rhythm of movement, techniques and the ability to read the moves of our opponents.
11. Regular attendance in karate is important in order to develop a HABIT and to obtain a “Self defence mind set”.
12. The Karate Badge must be attached to the left breast of the gi.
13. You must have a minimum of the correct number of lessons as indicated on the Karate Lesson card that Sensei signs for each grade. This number is indicated in green. In addition, you need the correct dress i.e. a gi, you have paid your fee for the grade, and have a current licence.
14. You need a current licence, safety equipment and supervised by an instructor.
15. Shotokan literally means “Club of Shoto” and Shoto was Funakoshi’s pen name when he wrote poetry, Shot means “Waving Palms”.