



## Anshin Ryu Karate: Examination Answer Sheet

空手道

### Red Belt – Black Stripe (2nd Kyu).

1. MA-AI means correct fighting distance between you and your opponent.
2. A balanced exercise is exercise that is done to bring and keep you in good physical form and in balance with the body's internal and external environment. A program to do this involves warm up exercise, strength building exercise, stretching exercise and breathing exercise.
3. A "live" Kata will show spirit, ki, timing, zanshin, smoothness between stances and combination of movements, power and focus, and a understanding of the bunki being performed. A "dead" Kata will look like a series of movements (a dance), no power or focus, no real understanding and no timing or excitement. The karate-ka can "feel" a live Kata.
4. Hip movement is important because it provides rotational and linear power from all of the body. This power comes from the Ki-Kai Tanden.
5. In-Yo concept is the concept of balance of the universe. It is the understanding of the opposites, such as men - women, light - dark, night - day, cold - hot, light - heavy, positive - negative, expansion - contraction, soft - hard, etc. "In" represents the negative, night, cold, female, etc. and is seen as the black fish with a white eye. "Yo" represents the positive, day, hot, male etc. and is seen as the white fish with a black eye. These eyes, or dots indicate that all things have both characteristics, with one more dominant than the other. They flow into one another, hence the circle, such as night becomes day, summer becomes winter, hard becomes soft, In becomes Yo and then Yo becomes In. In karate this appears for example in action and non-action, soft and hard, punch and block, attack and defence, enter and evade etc.
6. When we say "Martial Art" what we really mean is "Budou". This then becomes a way of life. So our code of behaviour in the dojo should be reflected outside in every day life. That is our etiquette, upholding the law, being a good citizen of our country. A martial artist practice to create and keep good health and harmony with the environment, and in relationships with other living beings, humans and non-humans. It is practised to achieve individual improvement and does not take into consideration winning or losing, but doing. A martial art is practised to retain a "beginner's mind" and not to become an expert. A sport on the other hand is done occasionally when we are in the mood, it is done for fun, stresses competition and winning, and is not done for being in harmony with the universe and necessarily for health. You may ask yourself in which category does your "Martial Art" lie?
7. ENBU KUMITE means Demonstration Sparring. Two examples of this is from the Pinan Sono Kata, such as Pinan Sono Ichi and Ni Kata.
8. No! Only perfect practice makes perfect. So you should constantly correct your own techniques and pay attention to all comments and corrections made by your Sensei. You should also practice with keen awareness and focus and with a "Beginner's Mind" to constantly improve. Carrying out your techniques without putting spirit and effort in each time will not improve your techniques.
9. We all know that martial arts start at white and end in a black belt. A theory behind this comes from Zen Philosophy. A Zen master starts with a blank white sheet of paper before he starts to write down his knowledge onto this sheet in black ink. As he writes the paper becomes full with black ink writing and appears black when full. Hence the reason we start at white belt (empty, beginner) and end up with black belt (some knowledge). When the paper is full the Zen master then gets another sheet to write on putting down more knowledge. Hence our black belts then appears to become white again as we train and learn more, going up through the Dan grades. The Zen master is your instructor, his writing is your learning of the techniques, the paper is your mind and the colour is the belt.
10. Uneven Stances: 1). Zenkutsu Dachi, 2). Kokutsu Dachi, 3). Nekoashi Dachi.



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11. One to ten in Japanese is: Ichi, Ni, San, Shi or Yon, Go, Roku, Shichi, Hachi, Ku and Ju.
12. Goju-Ryu means: “Hard-Soft” style or school.
13. Kyokuyushinkai means: “Style of the ultimate truth”.
14. Kobudo is the study of Okanawan Weapons.

Karate is just one wheel of a two-wheel barrow. It is the art where weapons are not used, i.e. Empty Hand. Therefore to balance up your martial art you need the “*other wheel*” to the barrow so as you can progress down the Martial “Path”, Bodou. So to study Kobudo along with Karate gives the practitioner *balance*, i.e. as the other wheel gives balance to the barrow. It is a part of In-Yo, the white is the Karate training and the black is the Kobudo training. Studying both makes the practitioners better at defending themselves. For example, if a knifeman attacks us, a karate practitioner will probably try to defend himself with bare hands. A Kobudo practitioner will look to pick up something to use, and will use with confidence as they have had weapons training.

15. Two examples of Martial Arts from China are: 1). Wing Chun. 2). Tai Chi Chuan.
16. Morihei Ueshiba devised Aikido.
17. Two Japanese martial arts, which originated in Japan are:  
1). Jui-Jitsu 2). Kyudo - Archery.
18. The country, which had a big influence of Okanawan Karate, was China.
19. There are a number of principles a student has to learn when becoming good at their martial arts. Here are a few below:

<u>Japanese Term</u>	<u>English Term</u>
Reigi Tadashi	Manners
Nintai	Patience
Shin	Spirit
Chikara	Strength
Seishin	Sincerity

There are more, such as Maai and Zanshin, but if the student has learnt the above he is well on his way of understanding the Dou (path) of his art.