



Anshin Ryu Karate: Examination Question Sheet

空手道

Red Belt Black Stripe (2nd Kyu).

1. What is *MA-AI*?
2. What is meant by “balanced exercise” and what would a balanced exercise programme include?
3. How can you tell the difference between a “live” Kata and a “dead” Kata when it is being performed?
4. Why is hip movement important in karate?
5. Explain the “In/Yo” concept and how this concept is related to karate.
6. What should distinguish a martial art form from a sport?
7. What is meant by *ENBU KUMITE* and give two examples?
8.
 - a). Does practice make perfect?
 - b). What kind of practice is necessary?
 - c). Describe how you can achieve it?
9. Explain one theory of why the colour of belts go from white to black.
10. List three Uneven Stances.
11. What is one to ten in Japanese?
12. What does *Goju-Ryu* mean?
13. What does *Kyokushinkai* mean?
14. What is the study of Okinawan weapons?
15. Name two martial arts from China.
16. What martial art did Morihei Ueshiba Devise?
17. Name two Japanese martial arts which originated in mainland Japan (one must be of weapons).
18. Which country had a big influence on Okinawan Karate?
19. Name just three principles a student requires in becoming a good karate-ka?

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