



## Anshin Ryu Karate: Examination Question Sheet

空手道

### Red Belt (5th Kyu).

1. What is the TANDEN and where is it located?
2. How many years of karate training do you need?
3. Who founded WADO-RYU and what does it mean?
4. UKASKO is a multi-style Association, what is a multi-style association?
5. Name five Japanese karate styles.
6. Why do we wear white gi?
7. What does KIAI literally mean?
8. Where should you look when practising with a partner or an opponent in actual fighting situations?
9. What does the following terms mean: a). IPPON KEN? b). SEIKEN? c). NUKITE? d). HIZA?
10. Why do we practice bunki?
11. Why is regular attendance in karate important?
12. What are the correct positions for the Karate Gi badge?
13. What are the rules in relation to taking a grade?
14. Name three things you need to abide by in order to spar at the club?
15. What does Shotokan literally mean?

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