

Karate-Do

(Shodan Belt Exam)

Full Score = 62 (80% is a pass)

Student Name:



空手道

Shogun Traditional Japanese Shotokan Karate-Do Academy

1. The founder of Karate in Japan was: (1 mark)

- a. Funakoshi Sensei
- b. Mabuni Sensei
- c. Sotokawa Sensei
- d. Higaonna Sensei

2. Shodan means: (1 mark)

- a. Senior
- b. Master
- c. First level
- d. Emperor
- e. Teacher

3. The founder of Shotokan is: (1 mark)

- a. Funakoshi Sensei
- b. Mabuni Sensei
- c. Sotokawa Sensei
- d. Higaonna Sensei
- e. Otsuka sensei

4. Karate as an art is most correctly derived (and took form in) which region: (1 mark)

- a. China
- b. Okinawa
- c. Mainland Japan
- d. Taiwan

5. Karate was first practiced in Japan in: (1 mark)

- a. around 1000AD
- b. 1700's
- c. 1800's
- d. 1900's

6. Shotokan is one of the major styles of karate. The other three are: (1 mark)

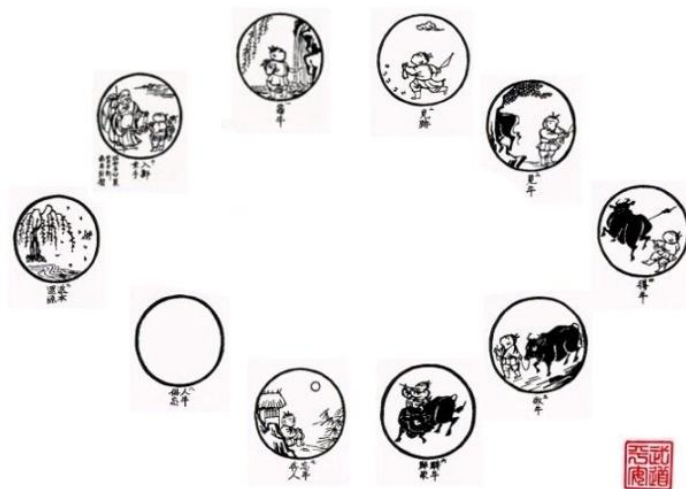
- a. Goju, Shuto-Ryu, Jeet Kun Do
- b. Goju, Skukokai, Wado
- c. Budo, Shuto-Ryu , Wado
- d. Taekwon Do, Shotokan, Goju

7. "Kara-Te" is made of two kanji (chinese characters). They are translated to: (1 mark)

- a. Zen Hand
- b. Empty foot
- c. Empty hand
- d. Zen fighting

8. “Mushin” means: (1 mark)

- a. Empty hand or no hand
- b. Empty heart
- c. No soul
- d. No thought or empty mind



9. The ten ox herding pictures symbolize:
(pick the best one) (1 mark)

- a. One's progression through the kyu and dan ranks in martial arts.
- b. A visual analogy to the Zen path leading to enlightenment.
- c. The struggle between good and bad, represented by the herder and the ox.
- d. A path one begins when becoming a Zen monk.

10. Describe (2-4 sentences) two interpretations of the kanji “Kara” from karate. Hint, one physical and one “Zen” in nature. (2 marks)

11. As a standard practice weapons are taught in Shotokan when one reaches black belt. (1 mark)

True

False

12. Write the English translations for the below Japanese terms: (1/2 Mark each)

Sensei-

Sempai-

Osu-

Maekenzuki-

Yoko Geri-

Shomen-

Mokosu-

Otegani rei-

Shi (numbers)-

Soto uke-

Uchi uke-

Jodan-

Chudan-

Gedan-

Kime-

Kibadachi-

Migi-

Hidari-

Wakarimasan-

Wakarimasu-

Wakarimasuka-

**Mawatte-
Hanmi-
Ken-
Seiken-
Hiraken-
Uraken-
Te-waza-
Wasa-
Ippon nukite-
Nihan nukite
Shihon nukite
Keito-
Haishu-
Teisho-
Koko-
Shiretsu-
Dozo-
Kudasai-
Domo-**

13. Write the Japanese translations for the below English Terms. (1/2 Mark each)

The place of enlightenment.....
Begin.....
Stop.....
Bow/etiquette.....
Study of Kata application and techniques.....
Kick.....
Foot sweep.....
Elbow Strike.....
Reverse punch.....
Back kick.....
Spear hand strike.....
Hammer fist Strike.....
Left.....
Free stance.....
Body Evasion.....
Roundhouse kick.....

14. Write a lesson plan to teach a white belt in their first Karate lesson (with time allocation). (5 Marks)

15. Translate the name of your two Primary Kata you will use in the physical side of your belt test. (4 marks)

16. What does Heian translate to? (1 mark)

17. As black belts one should understand what is written on your belt – as you wear it. Circle the 3 Kanji below representing Karate-Do (1 mark)

不動心
松涛館

武士道
空手道

合気道

One mark for each answer:

18. What is the Japanese word for the code of honour we follow 'way of the warrior'?

19. Who was Bodhidharma, and what is his significance regarding Karate?

20. What does 'karate ni sente nahi' mean?

21. What does 'mizu no kokoro' mean ?

22. As a true follower of Karate-do you should never be drawn into a fight. Why is this?

23. Shotokan Karate is built on what is called TRIADS. How many are there? (One mark)

24. Name all the Triads below (4 Marks)

25. Can you elaborate on the “Triads” (4 Marks)

26. Why should Karate be called “Karate-Do” and not just” Karate”

27. Can you name the two teachers who instructed the founder of Shotokan Karate ?

28. What makes you think you should be awarded the coveted Shotokan Karate-Do Black Belt? (4 Marks)

Use extra paper if need be!

To pass you need to get 80% of the questions correct and remember you could be verbally asked some of these questions in class. Just coping from the Internet is not much good in learning anything.