

Shogun Traditional Katate Academy™ . 6th Kyu Theory Test.

Note: you may sometimes have to 'tick' more than one answer.

Name: _____

Q '1' What does Karate mean ?

Fighting ?	Open hand ?	Empty Hand ?	China Hand ?	Iron Fist ?

Q '2' Why do we bow ?

To show respect ?	To grovel	To show courtesy ?	To tie our shoe ?	To hide your face ?

Q '3' Name the first 5 basic blocks ?

Block 1	Block 2	Block 3	Block 4	Block 5

Q '4 a' Give the English names for these punches ?

Kizami Zuki ?	Kagi Zuki ?	Ura Zuki ?		

Q '5 a' What does the word 'Hiza' mean ?

Knee ?	Feet apart ?	Back stance ?	Head ?	Front stance ?

Q '5 b' What is the Japanese word for Elbow ?

Hiza ?	Keri ?	Empi ?	Mummy ?	Zuki ?

Q '6' What is the Japanese name for Kick ?

Zuki ?	Empi ?	Uchi ?	Keri ?	Geri ?

Q '7' Name the first 5 basic Kicks ?

Kick 1 ?	Kick 2 ?	Kick 3 ?	Kick 4	Kick 5 ?

Q '8' What is the Japanese term 'Technique'?

Keri ?	Domo ?	Arigato ?	Waza ?	Gozaimus ?

Q '9' What are the Japanese names for 'Block' 'Punch' 'Strike' 'Kick' 'Sweep' ?

Block ?	Punch ?	Strike ?	Kick ?	Sweep ?

Q '10' Can you give another Japanese name for Jodan Uke ?

Jodan Geri ?	Uchi Uke ?	Age Uke ?	Soto Uke	Hi ?

Q '11' What is Ashi Barri ?

Front punch ?	Middle block ?	Leg sweep ?	Head kick ?	Side kick ?

Q '12' Do you know what Uchi waza is ?

Front punch ?	Front kick ?	Strike Technique ?	Side kick ?	Daddy ?

Q '13' Name the first 5 basic Stances learned in 'Japanese' ?

Heels & toes touching ?	Hip width apart ?	Straddle Stance ?	Forward leaning ?	Back stance ?

Q '14' What do the words below mean ?

Hidari ?	Migi ?	Mae ?	Yoko ?	

Q '15' During the Etiquette you hear the instruction 'Mokuso' what does this mean ?

Rest ?	Go to sleep ?	Quite thought ?	Turn ?	Go home ?

Q '16' What is the essence of all Karate techniques ?

Form ?	Kime ?	Kicking ?	Fighting ?	Blocking ?

Q '17' Can you explain what 'Maai' means ?

Answer:

Q '18' What is a Kata ?

Answer:

Q '19' What is the first technique in Kata ? and Why ?

Answer:	Answer:
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Q '20' What is Bunkai ?

Application of Kata for self defence ?	Fighting to the death	Never giving up ?	Performing the best possible Kata ?	Living a clean life ?

Q '21' Which is the first Kata we do that involves Kicks & what are their names ?

Kata name ?	First kick ?	Second kick ?	Japanese name for the first kick ?	Japanese name for the second Kick ?

Q '22' In Heian nidan the is an open hand block and strike give English & Japanese names ?

Block English name	Block Japanese name	Strike English name	Strike Japanese name

Q '23' In Heian Nedan, name the block used at the second kiai point ?

Age Uke ?	Jodan Uke ?	Morote Uke ?	Uchi Uke ?	Soto Uke ?

Q '25' Which is the Japanese for 'good morning' ?

O-hayo Gozaimasu ?	Konnichi wa ?	Konban wa ?	O-yasumi nasai ?	Shitsurei shimasu ?

Q '26' Which is the Japanese for 'good afternoon'

O-hayo Gozaimasu ?	Konnichi wa ?	Konban wa ?	O-yasumi nasai ?	Shitsurei shimasu ?

Q '27' Which is the Japanese for 'good evening' ?

O-hayo Gozaimasu ?	Konnichi wa ?	Konban wa ?	O-yasumi nasai ?	Shitsurei shimasu ?

Q '28' Which is the Japanese for 'good night' ?

O-hayo Gozaimasu ?	Konnichi wa ?	Konban wa ?	O-yasumi nasai ?	Shitsurei shimasu ?

Q '29 a' Which is the Japanese for 'good bye' ?

O-hayo Gozaimasu ?	Konnichi wa ?	Konban wa ?	O-yasumi nasai ?	Shitsurei shimasu ?

Q '29 b' Which is the Japanese for a woman or child to say 'good bye' ?

O-hayo Gozaimasu ?	Konnichi wa ?	Konban wa ?	Sayonara ?	Shitsurei shimasu ?

Important: Please read the below, or explain it to a Young Person!

All these questions are all very simple. These questions are not meant to 'catch anyone out' but to gain **knowledge** and see if you **are really interested**. To make the questions even easier, there are **multiple answers** to nearly all of them. **Traditional Japanese Karate** is much more than Kicking and Punching (as is mentioned in the Starter Pack) it is a thing of the mind, a **Striving for Perfection of Character** . All the answers are heard at nearly every session at the club, also most are in the starter packs and there are so many books.

So if **you** are really interested in Karate **you will know all** the answers.

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.

There are 59 Questions, 1 Point for each correct answer.