

Shogun Traditional Katate Academy™ . 4th Kyu Theory Test.

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

Q '1' Who was the founder of Shotokan karate ?

Rasputin ?	My dad ?	Keinosuku Enoeda ?	Gichin Funakoshi ?	Masao Kawasoe ?

Q '2' Relating to the above question (if you ticked the correct answer) who are the others ?

Rasputin ?	My dad ?	Keinosuku Enoeda ?	Gichin Funakoshi ?	Masao Kawasoe ?

Q '3' Where did the founder and the art originate from ?

China ?	Japan ?	U.S.A. ?	Okinawa ?	England ?

Q '4' Can you give the names of other martial other than Karate ?

Answer ?	Answer ?	Answer ?	Answer ?	Answer ?

Q '5' The names of most martial arts contain the terms 'Do' 'Ryu' 'Jutsu' what do they mean ?

Do ?	Ryu ?	Jutru ?

Q '6' What does the word 'Kime' mean ?

Looking ?	Feet apart ?	Focus-concentration ?	Head attack ?	Front stance ?

Q '7' What are 'Ren zuki' 'Ren keru' 'Dan zuki' 'Dan keru' ?

Answer ?	Answer ?	Answer ?	Answer ?

Q '8 a' Can you give the Japanese names for these terms ?

Fore fist ?	Hammer fist ?	Back Fist ?	One knuckle fist ?	Middle knuckle fist ?

Q '8 b' Can you give the Japanese names for these terms ?

Fore knuckle fist ?	Sword hand ?	Ridge Hand ?	Back hand ?	Spear hand ?

Q '8 c' Can you give the Japanese names for these terms ?

Heel of the palm ?	Ox jaw hand ?	Bear hand ?	Eagle hand ?	Chicken head wrist ?

Q '8 d' Can you give the Japanese names for these terms ?

Bent Wrist ?	Arm ?	Elbow ?	Ball of foot ?	Sword foot ?

Q '8 e' Can you give the Japanese names for these terms ?

Heel ?	Instep ?	Toe tips	Knee ?	Hand ?

Q '9' What is an 'uchi ude uke' ?

Outside to inside block ?	Back hand block ?	Palm heel block ?	Inside to outside block ?	A good kicking ?

Q '10' Name 5 open hand blocks in Japanese ?

Sword hand block ?	Vertical sword hand	Backhand block ?	Hooking sword hand ?	Pressing hand block ?

Q '11' Name the following open hand strikes ?

Haishu uchi ?	Nukite uchi ?	Teisho uchi ?	Shuto uchi ?	Haito uchi ?
Answer ?	Answer ?	Answer ?	Answer ?	Answer ?

Q '13' The foot positions in our 'yoi' stance are in which natural stance ?

Hachiji dachi ?	Musubi dachi ?	Heiko dachi ?	Zenkutsu dachi ?	Kosi dachi ?

Q '14' Can you give the names for 2 other natural stances ?

Heels together toes open ?	Feet apart, toes open ?

Q '15' There are two types of zenkutsse dachi, can you name both ? Japanese ?

Answer:	Answer ?
---------	----------

Q '17 a' What is the Japanese name for the wedge block ?

Uchi uke ?	Soto uke ?	Kakiwake uke	Wedge Uke ?	Keri uke ?

Q '17 b' What kata is the wedge block in ?

Heian shodan ?	Heian nidan ?	Heian sandan ?	Heian yondan ?	Heian godan ?

Q '18 a' Which 2 heian kata are the cross hand blocks in ?

Heian shodan ?	Heian nidan ?	Heian sandan ?	Heian yondan ?	Heian godan ?

Q '18 b' What is the cross hand block called ?

Age Uke ?	Jodan Uke ?	Morote Uke ?	Juji uke ?	Soto Uke ?

Q '19' What is the name given to the line of pattern of performance of all kata ?

Answer :

Q '20' What is your understanding of the reasons for practising kata ?

Answer:

Q '21' What is 'sun-dome' ?

Arrest the technique just before contact with target	Strike the target lightly, so as to not hurt.

Q '22' What do the following Japanese terms mean in freestyle karate contests ?

Ippon ?	Waza-ari ?	Torimasen ?	Warning ?	Continue ?

Q '23' Can you define 'Hara' and why it is so important ?

Answer :

Q '24' Write down the five rules of Karate (Samurai code of honour) in your own words.

1:
2:
3:
4:
5:

Q '25' What are the following terms ?

Nagashi zuki ?	Kizami zuki ?	Ren zuki ?	Dan zuki ?	Morote zuki ?

Q '26' What are the following terms ?

Age zuki ?	Ura zuki ?	Kagi zuki ?	Mawashi zuki ?	Awase zuki ?

Q '27' What are the following terms ?

Yama zuki ?	Heiko zuki ?	Hasami zuki ?	Uraken uchi ?	Kentsui uchi

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.

Note: Some of the questions have been omitted as they are not relevant to the grade!

Sylvester Walsh 5th. Dan.

© ®

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 95 Questions, 1 Point for each correct answer.