

Shogun Traditional Karate Academy™ 8th Kyu Theory Test.

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

Name: _____

Q '1' What style of Karate does your club follow ?

Shotokai ?	Wado ryu ?	Gojo ryu ?	Shotokan ?	Shukokai ?

Q '2' What is a Dojo ?

The place of the way ?	Home ?	A block ?	Training hall	Punch ?

Q '3' What should you do first on entering and leaving the Dojo ?

Say hello ?	Shake hands ?	Walk straight in ?	Bow & say 'oss' ?	Have a drink ?

Q '4' What does 'Zenkutsu dachi' mean ?

Square stance ?	Back stance ?	Front stance ?	Forward leaning	Go home ?

Q '5' What is the Japanese name for stance ?

Zuki ?	Uke ?	Dachi ?	Keri ?	Uchi ?

Q '6' Heisuko Dachi, what position should your feet be in this ?

Heels touching ?	Feet apart ?	Back stance ?	Heels & toes touching ?	Front stance ?

Q '7 a' What is Gedan barai ?

Downward block ?	Side block ?	Downward sweep ?	Hand block ?	Cup of Tea ?

Q '7 b' What is Jodan uke ?

Head block ?	Body block ?	Side block ?	Head punch ?	Inside block ?

Q '7 c' What is Uchi uke ?

Body block ?	Inside block ?	Head block ?	Outside block ?	Side of hand ?

Q '7 d' What is Soto uke ?

Side of hand block ?	Inside block ?	Outside block ?	Head block ?	Front kick ?

Q '8' What does Tsuki mean ?

Kicking ?	Fighting ?	Dancing ?	Punching ?	Blocking ?

Q '9' Can you name the first 3 punches you learn in 'Japanese' ?

Straight punch ?	Lunge punch ?	Reverse punch ?

Q '10 a' What is Mae Geri ?

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

Q '10 b' What is Yoko Geri ?

Front punch ?	Front kick ?	Side punch ?	Side kick ?	Daddy ?

Q '11' What is the name for the Roundhouse kick ?

Yoko geri ?	Mawashi geri ?	Mae geri ?	Sokuto geri ?	Mummy geri ?

Q '12 b' What is the Japanese name for 'snap' ?

Sokuto ?	Mae ?	Kukomi ?	Keage ?	Migi ?

Q '13 a' What does the word 'Kata' mean ?

Form ?	Dance ?	Kicking ?	Fighting ?	Kissing ?

Q '13 b' What is the Japanese word for Sparring ?

Kata ?	Kukomi ?	Kumite ?	Keage ?	Yoko ?

Q '14' Name the first kata you learn ? (Japanese name)

Name:

Q '15' Name the second & third kata ? (only for 8th. Kyu) Japanese name.

Name:	Name:
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Q '16' What does the word 'Mawate' mean ?

Stop ?	Go?	Punch ?	Turn ?	Go home ?

Q '17' What does the word 'Kiai' mean ?

Shout ?	Scream ?	Spirit meeting ?	Turn ?	Go to bed ?

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.

Sylvester Walsh 5th. Dan.

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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 25 Questions, 1 Point for each correct answer.