

## Shogun Traditional Katate Academy™ . 5th 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 '8 a' Can you give the Japanese names for these terms ?**

Fore fist ?	Hammer fist ?	Back 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 d' Can you give the Japanese names for these terms ?**

		Elbow ?	Ball of foot ?	

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

Heel ?	Instep ?	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 open hand blocks in Japanese ?**

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

**Q '11' Name the following open hand strikes ?**

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

**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 zenkutse dachi, can you name both ? Japanese ?**

Answer:	Answer ?
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**Q '16' How many different stances are there in the Heian kata ? Can you name them ?**

How many ?	Name ?	Name ?	Name ?	Name ?
	Name ?	Name ?	Name ?	Name ?

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

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

1:
2:
3:
4:
5:

**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 72 Questions, 1 Point for each correct answer.**