

# Shogun Traditional Karate Academy™ . 1st Kyu Theory Test.

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

**Q '1' Can you name the two teachers who instructed the founder of Shotokan Karate ?**

1st Teacher.	2nd Teacher.

**Q '2' Do you know what happened in Okinawa in the 1600s that is thought to have been the impetus for the development of the Okinawan martial arts, leading to our present Karate ?**

Answer:

**Q '3' Do you know when Karate was first displayed outside the privacy of the Ryukyu islands. to become know throughout Japan ?**

Answer:

**Q '4' Who was Bodhidharma, and what is his significance regarding Karate ?**

Answer:

**Q '5' The term 'Budo' is used to signify all the Martial Arts. Its literal translation gives us the main point behind the Arts. What is it?**

Answer:

**Q '6' What do you understand by the term 'ibuki' ?**

Stop ?	Keep moving ?	Breath control ?	Mind control ?	Keeping still ?

**Q '7' Can you tick the very important 7 main principles involved in all Karate techniques ?**

Form ?	Power & speed ?	Kata ?	Sparring ?	Concentration ?
Strengthening muscle ?	Dancing ?	Rhythm & timing ?	Head ?	Legs ?
Young body ?	Hips & hara ?	Breathing ?	Fighting ?	Softness ?

**Q '8' Can you name these open hand strikes in 'Japanese' ?**

Bear hand ?	Ox jaw hand ?	Chicken head wrist ?	Bent wrist ?	Eagle hand ?

**Q '9' Can you name these hand blocks in 'Japanese' ?**

Scooping block ?	Hooking block ?	Pulling block ?	Trapping block ?	

**Q '10' During the 'ude uke wasa' & the 'ude uchi wasa' three areas may be used, can you give the Japanese names ?**

Outer arm ?	Back of arm ?	Inner arm ?

**Q '11' What is a 'haiwan nagashi uke' ?**

Back heel kick ?	Back arm sweeping block ?	Front arm scooping block ?	Hour glass stance ?	Cat leg stance ?

**Q '12' How would you call time in Japanese at the end of a kumite contest ?**

Last orders ?	Time please ?	Jikan ?	Yame ?	Keri ?

**Q '13' What is the 'Japanese word' for decision/judgement at the end of a Karate contest ?**

Yame ?	Hantei ?	Jikan ?	Ippon ?	Wazari ?

**Q '15 a' Give the meaning of the names for the following Kata ?**

Taikyoku ?	Heian ?	Bassai-dai ?	Kanku-dai	Ananko

**Q '15 b' Give the meaning of the names for the following Kata ?**

Matsukaze ?	Jiin ?	Empi ?	Gankaku ?	Tekki ?

**Q '15 c' Give the meaning of the names for the following Kata ?**

Jutte ?	Hangutsu ?	Jion ?	Chinte ?	unsu ?

**Q '16' What are the two schools / styles that many of our required Kata come from ?**

Answer ?	Answer:
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**Q '17 a' Can you say which of the following Kata come from which school ?**

Heian ?	Tekki ?	Bassai ?	Hangetsu ?	Empi ?

**Q '17 b' Can you say which of the following Kata come from which school ?**

Gankaku ?	Jion?	Jitte ?	Kanku ?	Unsu ?

**Q '18' What are the important different attributes of these two styles and the type of build of person said to be most suited to each ?**

Answer:	Answer:
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**Q '19' What does 'karate ni sente nahi' mean ?**

Answer:
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**Q '20' What does 'mizu no kokoro' mean ?**

Answer:
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**Q '21' Explain the significance of the phrase in the previous question ?**

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

Answer:
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**Q '23' What is it about properly executed Karate techniques that makes it likely to be very dangerous if misused?**

Answer:
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**Q '24'** Sport Karate contests are very popular, everyone likes to win, but what should we as true karateka, consider to be more important?

Answer:

**Q '25'** As a true believer and follower of Karate-do, what do we consider are the most important qualities you should always strive to develop throughout life ?

Answer:

**Q '26'** What does the word 'Shotokan' actually mean, and how did it become so called ?

Answer:

**Q '27'** What is the Japanese word for the code of honour we follow 'way of the warrior' ?

Karate-do ?	Shotokan ?	bushidi ?	Ippon ?	Nakadaka ?

**Q '28'** What is the proper word for a practising Karate person ?

Katatedo ?	katateka ?	Karateno ?	Katatekyu ?	Karateryu ?

**Q '29'** What is the word for a black belt holder ?

Dan grade ?	Karatedan ?	Karateka ?	Yudansha ?	Youdan ?

**Q '30'** What does the word 'Ki' mean ?

Answer:

**Q '31'** What is the Japanese word for Thanks ?

Domo ?	Arigato gozaimasu ?	Domo arigato gozaimasu ?	Kanpai ?	O-negai shimasu ?

**Q '32'** What is the Japanese word for Thank you ?

Domo ?	Arigato gozaimasu ?	Domo arigato gozaimasu ?	Kanpai ?	O-negai shimasu ?

**Q '33'** What is the Japanese word for Thank you very much ?

Domo ?	Arigato gozaimasu ?	Domo arigato gozaimasu ?	Kanpai ?	O-negai shimasu ?

**Q '34'** What is the Japanese word for Cheers ?

Domo ?	Arigato gozaimasu ?	Domo arigato gozaimasu ?	Kanpai ?	O-negai shimasu ?

**Q '35'** What is the Japanese word for Yes, please ?

Domo ?	Arigato gozaimasu ?	Domo arigato gozaimasu ?	Kanpai ?	O-negai shimasu ?

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

All these questions are relative. 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 69 Questions, 1 Point for each correct answer.**