

## Shogun Traditional Karate Academy™ . 2nd Kyu Theory Test.

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

**Q '1 a' Can you name any other styles of Karate ?**

Style 1 ?	Style 2 ?	Style 3 ?	Style 4 ?	Style 5 ?

**Q '1 b' Relating to the above question, can you say what their names mean ?**

Style 1 ?	Style 2 ?	Style 3 ?	Style 4 ?	Style 5 ?

**Q '2' Can you explain the full meaning of 'Kara' as used in Karate ?**

**Answer:**

**Q '3 ' Why is it so important to do the etiquette before and after training ?**

**Answer:**

**Q '4 a' Give the Japanese names for the following terms ?**

Rising ?	Downward ?	Side ?	Back ?	Sweeping ?

**Q '4 b' Give the Japanese names for the following terms ?**

Hooking ?	Scooping ?	Pressing ?	Augmented ?

**Q '5' Give the Japanese names for the below two handed punches ?**

Wide U punch ?	U punch ?	Parallel punch ?	Scissors punch ?

**Q '6 ' Can you name the following in English ?**

Mikazuki geri ?	Fumikiri geri ?	Fumikomi geri ?	Ushiro mawashi geri ?	Tobi Geri ?

**Q '7 ' Can you think of another kick which is actually a block ?**

**Answer:**

**Q '8 ' What is 'Kin geri' ?**

Front body kick ?	Front knee kick ?	Front groin kick ?	Back groin kick ?	Head kick ?

**Q '9 a' Can you name these stances in Japanese Terms ?**

Rooted immovable stance	Square stance ?	Half moon stance ?	Hour glass stance ?	Cat leg stance ?

**Q '9 b' Can you give the Japanese names for these terms ?**

Crane stance ?	Crossed led stance ?	L stance ?	T stance ?

**Q '10' What is 'Tai sabaki' ?**

Art of Kicking ?	Art of karate ?	Meditation ?	Body shifting ?	Art of defence ?

**Q '11' What is a decisive technique called in Japanese ?**

Kin geri ?	Jodan zuki ?	Awase ?	Kake ?	Kime Wasa ?

**Q '14' What is the name of the 'ready' position of arms with both fists together at one side, as in Heian nidan and Heian yondan ?**

Answer ?

**Q '15' What is the sliding movement of feet called, as is see at the end of Heian sandan ?**

Answer:

**Q '16' How would you announce a kumite contest needing one point to win ?**

Answer:

**Q '17' What terms would you use to indicate the winner and a draw in kumite ?**

Winner ?

Draw ?

**Q '18' How would you announce a foul, with victory going to the opponent ?**

Answer:

**Q '19' 'Sensei ni rei' means bow to the instructor. How would you instruct karateka to bow to the front of Dojo, and to each other ?**

Answer:

Answer:

**Q '20' Fill in the Japanese terminology for the following numbers**

1:	2:	3:	4:	5:
6:	7:	8:	9:	10:

**Q '21' What do you understand by the term 'Zanshin' ?**

Answer:

**Q '22' To perform a Kata dynamically (properly) there are three rules you must follow, what are they**

Correct use of power ?	Poor use of body ?	Speed of movement ?	Make it look good ?	Expansion & contraction of body

**Q '23' In order to practice Jiyu kumite, the following factors should be understood, what do they mean in English ?**

Kamaekata ?	Tachikata ?	Me no tsukekata ?	Maai ?	Waza O hodokoso koki ?

**Q '24' What is the English word for excuse me, or give me your attention ?**

Sumimasen ?	Genki ?	Hajimemashite ?	Goman nasai ?	Hai dozo ?

**Q '25' What is the English word for 'how are you' ?**

Sumimasen ?	Genki ?	Hajimemashite ?	Goman nasai ?	Hai dozo ?

**Q '26' What is the English word for 'pleased to meet you' ?**

Sumimasen ?	Genki ?	Hajimemashite ?	Goman nasai ?	Hai dozo ?

**Q '27' What is the English word for 'I'am sorry' ?**

Sumimasen ?	Genki ?	Hajimemashite ?	Goman nasai ?	Hai dozo ?

**Q '28' What is the English word for 'here you are' ?**

Sumimasen ?	Genki ?	Hajimemashite ?	Goman nasai ?	Hai dozo ?

**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.

© ®

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