

Shogun Traditional Karate Academy™ . 3rd 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 '12' Name the two stances used in 'Tekki kata' ? (easy one)

Answer:	Answer:
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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 ?
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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:
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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.

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

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 78 Questions, 1 Point for each correct answer.