

KARATE-DO

“The Way of Empty Hand”

1. Name three of the first ancient Chinese names of *Kata San Chin*.
2. Name, in order, five major countries where Kempo-Karate started spreading.
3. Name, in order, **Grand Master Trias Sensei**'s life line-up, to the time on Okinawa in 1900.
4. Define *Ri*.
5. What are the five major basic principles taught in karate?
6. Name the five first animal fists and Japanese translation.
7. In one word, what does one who practices using the *Saika Tanden* obtain?
8. What is the first name of **Matsumura** (Father of Shuri)?
9. Name twelve personal weapons.

11. Name two meridians. Are they *Yin* or *Yang*?
12. Does *Yang* energy flow in front of or in back of the body?
13. In one word, what is most essential in working any or all forms of Karate?
14. In oriental terminology, spell correctly the following:
Wrist Block:
16. In one word, define mental discipline.
17. In one word, define moral discipline.
18. Define *Shu*.
19. Name three martial arts forms of fighting that were practiced between 230 and 1500 B.C.
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20. **Ankoh Itosu** was whose student?
22. The eighteen forms of **Daruma** are called what?
23. How many faces does our system utilize?
24. In what year was karate first introduced in the United States?
25. Define the blocking areas on level 1,2,and 3 blocks.
26. *Taikyoko* exercises were designed by whom?
27. Name the five ruler elements.

28. Give both the Chinese and Okinawan terms for “dead breath” (a meditative posture at the end of some forms).

29. Define *Kogeki-hoyo*.

30. What are the four basic principles in sparring?

31. What is **Grand Master Konishi**'s first name (spelled correctly)?

32. Define *Hara gei*.

33. Name two extension katas related to *Kata San Chin*.

34. Give two other names, in Japanese, for Okinawan *Kata Naihanchi*.

35. *Kata Tsue-Sho* was believed composed by who (1733-1815)?
Who later improved it, in 1765?

36. Man, sincere in the Nature of Tao, becomes prominent without display and produces changes without motion. Therefore, those who possess *Tao* accomplish their end through (check one)

- a. justification
- b. awareness
- c. nature

37. Name five animal forms used in *Kata Dan Enn Sho*.

38. Give one *koan* quotation.

40. *Kobudo* is a specialization of *Bu Jut Su*. Name the five divisions of *Bu Jut Su*.
41. There are three oriental names for a shorter *Bo* (staff). Name them
42. Name the five senses.
43. In one word, what is most essential in developing the senses?
44. What does *Kume mura* mean to you?
45. List the lineage from your *Sensei* to **Mr. Trias**.
46. Define *ki* and give a verifiable example of extending *ki*.
47. Name the 12 principles of *Kata*.
48. Name the twenty three characteristics of the Shuri Style
49. Name the 15 stances in both English and Japanese.

50. Define and give personal examples of the following:

- a. *Shinnyo*
- b. *Heno*
- c. *Buji*
- d. *Ryochi*

51. What is the main difference between *karate* technique and other kick-punch arts.

- a. as a physical discipline:
- b. as mental development:

52. Where does power come from? Which part of the body generates power?

53. *Karate* laws for developing power correspond to physics. Given weight and speed of the technique, what is the formula for deriving the power?

54. Give five reasons for the importance of *kata bunkai*.

55. Define *embussen*.

56-65

Match the following:

- | | |
|---------------------|--|
| ___ Mizu no Kokoro | A. Mind like the moon |
| ___ Tsuki no Kokoro | B. Relaxed readiness |
| ___ Zen | C. Intuitive wisdom |
| ___ Ryochi | D. Spirit meeting |
| ___ Kiai | E. Enlightenment |
| ___ Tsuki No Kokoro | F. Sensitivity |
| ___ Buji | G. Mind like water |
| ___ Maai | H. Continued awareness |
| ___ Shinnyo | I. Centralization of intrinsic energy in lower stomach |
| ___ Zanshin | J. Mindfulness |
| ___ Hara gei | K. Distance |

66. List the **12 systems of the body** and explain their basic function

67. The **Kata** which **I am required** to work for Shodan is:

68. The **Kiai** in the kata is:

69. The **Hidden Symbolic Movement** in **Dan Enn Sho Kata** is where and what is the meaning?

70. The **Weapon Kata** which I am required to learn is:

71. Describe **Ippon 15**:

72. Describe **Kihon 15**:

73. Describe **Self Defense #17**:

74. Describe **Self Defense #18**:

- Be ready to name the muscles and bones of the body.
- Be familiar with Knowledge on Yin/Yang theory, Chi, and Meridians.
- Be familiar with all previous terminology.