

Shogun Traditional Shotokan Karate-Do Academy.

Exam for 1st Kyu (Brown Belts)

空手道



Students Name:

Date:

Age:

Exam to be taken:

Shogun Traditional Shotokan Karate-Do Academy.

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What is the Japanese Names for the following Technique's?

- 1) Straight Punch? (One Mark)**
- 2) What is 'Sun-dome' in English? (One Mark)**
- 3) What is 'Kime' in English? (One Mark)**
- 4) What is 'Hara'? (One Mark)**
- 5) Front Stepping Thrust Punch? (One Mark)**
- 6) Front Jap Snap Punch? (One Mark)**
- 7) Reverse Punch? (One Mark)**
- 8) Spear Hand? (One Mark)**
- 9) Back Fist? (One Mark)**
- 10) Hammer Fist? (One Mark)**
- 11) Elbow Strike? (One Mark)**
- 12) U Punch? (One Mark)**
- 13) Palm Heel Strike? (One Mark)**

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14) Hook Punch? (One Mark)

What is the Japanese Names for the following Technique's?

15) Fore Knuckle Fist? (One Mark)

16) Close Punch? (One Mark)

17) Sword Ridge Strike? (One Mark)

18) Middle Finger Knuckle Punch/Strike? (One Mark)

19) Fist? (One Mark)

20) Hand? (One Mark)

21) Leg? (One Mark)

22) Foot? (One Mark)

23) Front Snap Rising Kick? (One Mark)

24) Front Thrust Kick? (One Mark)

25) Roundhouse Kick? (One Mark)

26) Side Snap Rising Kick? (One Mark)

27) Side Thrust Kick? (One Mark)

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What is the Japanese Names for the following Technique's?

- 28) Back Heel Kick? (One Mark)**
- 29) Reverse Roundhouse Kick? (One Mark)**
- 30) Returning Wave Kick? (One Mark)**
- 31) Crescent Kick? (One Mark)**
- 32) Stamping Kick? (One Mark)**
- 33) Knee Kick? (One Mark)**
- 34) Foot Sweep? (One Mark)**
- 35) Jumping Kick? (One Mark)**
- 36) Double Jumping Kick? (One Mark)**
- 37) What is the 'Dojo Kun'? (One Mark)**
- 38) Write down the Dojo Kun in English (Three Marks)**

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- 39) What does the word 'Shotokan' mean? (One Mark)
- 40) What does 'Karate ni sente nahi' mean? (One Mark)
- 41) What does 'Nizu no kokoro' mean? (One Mark)
- 42) What should a Student (Dan Grades mostly) show to his Sensei in a Traditional School? (Three Marks)
- 43) What is the Japanese for 'Thank You'? (One Mark)
- 44) What is the Japanese for 'Yes, please'? (One Mark)

Give the meaning of the names of the following Kata (One Mark for each correct)

- A. Taikyoku
- B. Heian
- C. Bassai
- D. Kanku
- E. Jinn
- F. Empi
- G. Gankaku
- H. Tekki
- I. Jutte
- J. Hangutsu

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K. Jion

L. Chinte

M. Unsu

Important: Please read the below!

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 57 Questions, with 61 possible Marks's for correct answers.