

Shogun Traditional Shotokan Karate-Do Academy.

**Young Persons (Age to 16yrs)
Exam for Shodan (Black Belt)**

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) Front Stepping Thrust Punch? (One Mark)**
- 3) Front Jap Snap Punch? (One Mark)**
- 4) Reverse Punch? (One Mark)**
- 5) Spear Hand? (One Mark)**
- 6) Back Fist? (One Mark)**
- 7) Hammer Fist? (One Mark)**
- 8) Elbow Strike? (One Mark)**
- 9) U Punch? (One Mark)**
- 10) Palm Heel Strike? (One Mark)**
- 11) Hook Punch? (One Mark)**
- 12) Fore Knuckle Fist? (One Mark)**
- 13) Close Punch? (One Mark)**

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

- 14) Sword Ridge Strike? (One Mark)**
- 15) Middle Finger Knuckle Punch/Strike? (One Mark)**
- 16) Fist? (One Mark)**
- 17) Hand? (One Mark)**
- 18) Leg? (One Mark)**
- 19) Foot? (One Mark)**
- 20) Front Snap Rising Kick? (One Mark)**
- 21) Front Thrust Kick? (One Mark)**
- 22) Roundhouse Kick? (One Mark)**
- 23) Side Snap Rising Kick? (One Mark)**
- 24) Side Thrust Kick? (One Mark)**
- 25) Back Heel Kick? (One Mark)**
- 26) Reverse Roundhouse Kick? (One Mark)**
- 27) Returning Wave Kick? (One Mark)**

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

- 28) Crescent Kick? (One Mark)**
- 29) Stamping Kick? (One Mark)**
- 30) Knee Kick? (One Mark)**
- 31) Foot Sweep? (One Mark)**
- 32) Jumping Kick? (One Mark)**
- 33) Double Jumping Kick? (One Mark)**
- 34) What is the Japanese Name for the 'Attention Stance'? (One Mark)
- 35) What is the Japanese Name for 'Parallel Stance'? (One Mark)
- 36) What is the Japanese Name for 'Straddle Stance'? (One Mark)
- 37) What is the Japanese Name for 'Back Stance'? (One Mark)
- 38) What is the Japanese Name for 'Front Stance' (One Mark)
- 39) What is the Japanese Name for 'Cross Leg Stance'? (One Mark)
- 40) What is the Japanese Name for 'Informal Attention Stance, Toes Out? (One
- 41) Mark)
- 42) What is the Japanese Name for 'Cat Stance'? (One Mark)

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- 43) What is the Japanese Name for 'Rooted Stance'? (One Mark)
- 44) What is the Japanese Name for 'L Stance'? (One Mark)
- 45) What is the Japanese Name for 'Half Moon Stance'? (One Mark)
- 46) What is the Japanese Name for 'Hourglass Stance'? (One Mark)
- 47) What is the Japanese Name for 'Downward Sweeping Block'? (One Mark)
- 48) What is the Japanese Name for 'Rising Block'? (One Mark)
- 49) What is the Japanese Name for 'Inside to Outside Block'? (One Mark)
- 50) What is the Japanese Name for 'Outside to Inside Block'? (One Mark)
- 51) What is the Japanese Name for 'Side of Hand Bent Block, Knife Hand'? (One Mark)
- 52) What is the Japanese Name for 'Side of Hand Straight Block'? (One Mark)
- 53) What is the Japanese Name for 'Support Block, Both Arms'? (One Mark)
- 54) What is the Japanese Name for 'X Block with Fists'? (One Mark)
- 55) What is the Japanese Name for 'X Block with Palms'? (One Mark)
- 56) What is the Japanese Name for 'Reverse Wedge Block'? (One Mark)

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- 57) What is the Japanese Name for ‘Inside Wedge Block’? (One Mark)
- 58) What is the Japanese Name for ‘Backhand Block’? (One Mark)
- 59) What is the Japanese Name for ‘Pressing Block’? (One Mark)
- 60) What is the Japanese Name for ‘Sweeping Block’? (One Mark)
- 61) What is the Japanese Name for ‘Chicken Head Block’? (One Mark)
- 62) What is the Japanese Name for ‘Dropping Block’? (One Mark)
- 63) What is the Japanese Name for ‘Hooking Block’? (One Mark)
- 64) What is the Japanese name for Throw? (One Mark)
- 65) What is the Japanese name for sliding the feet? (Both Feet) (One Mark)
- 66) What is the Japanese name for Continuous Alertness? (One Mark)
- 67) What is the Japanese name for Sit/Kneel? (One Mark)
- 68) What is the Japanese name for Meditation? (One Mark)
- 69) What is the Japanese name for Line Up? (One Mark)
- 70) What is the Japanese name for Bow? (One Mark)
- 71) What is the Japanese name for Front? (One Mark)

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- 72) What is the Japanese name for Side? (One Mark)
- 73) What is the Japanese name for Back? (One Mark)
- 74) What is the Japanese name for Stance? (One Mark)
- 75) What is the Japanese name for Basic Training? (One Mark)
- 76) What is the Japanese name for Sparring? (One Mark)
- 77) What is the Japanese name for At Ease/Relax? (One Mark)
- 78) What is the Japanese name for Step Aside? (One Mark)
- 79) What is Budo? (One Mark)
- 80) What is Bushi? (One Mark)
- 81) What is Bushido? (One Mark)
- 82) Why do we Practice Karate-Do? (Two Marks)
- 83) What does Karate-Do mean in English? (Three words) (Two Marks)
- 84) What is the Japanese name for the Training Hall (Where we Train) (One Mark)

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- 85) “What must we do when we ‘enter or leave the Dojo’? (One Mark)
- 86) What is the name for people who practice Karate-Do? (One Mark)
- 87) How do you address the Instructors? (One Mark)
- 88) What is Kiai and why do we do it? (One Mark)
- 89) What do the following words mean in English? (Two Marks)
- 90) Chudan
- 91) Gedan
- 92) Jodan
- 93) What is Bunkai? (One Mark)
- 94) What is the Japanese name for Technique? (One Mark)
- 95) What is the Japanese name for the Sliding Step Technique/Sliding forward with the Front Foot? (Two Marks)
- 96) What is the Japanese name for Ready/ Start? (One Mark)
- 97) What is the Japanese name for stop/Finish? (One Mark)
- 98) What is the Japanese name for Turn? (One Mark)
- 99) What is the Japanese name for Turn Left? (One Mark)

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- 100) What is the Japanese name for Turn Right? (One Mark)
- 101) What is the Japanese name for Focus? (One Mark)
- 102) What is the Japanese name for Withdrawing or Pulling Hand? (One Mark)
- 103) What is the Japanese name for Begin? (One Mark)

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

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 103 Questions, with 107 possible Marks's for correct answers.