

Shogun Traditional Karate Academy™ Instructor Theory.

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

Name: _____

Q '1' What style of Karate does your club follow ?

Shotokai ?	Wado ryu ?	Gojo ryu ?	Shotokan ?	Shukokai ?

Q '2' What is a Dojo ?

The place of the way ?	Home ?	A block ?	Training hall	Punch ?

Q '3' What should you do first on entering and leaving the Dojo ?

Say hello ?	Shake hands ?	Walk straight in ?	Bow & say 'oss' ?	Have a drink ?

Q '4' What does 'Zenkutsu dachi' mean ?

Square stance ?	Back stance ?	Front stance ?	Forward leaning	Go home ?

Q '5' What is the Japanese name for stance ?

Zuki ?	Uke ?	Dachi ?	Keri ?	Uchi ?

Q '6' Heisuko Dachi, what position should your feet be in this ?

Heels touching ?	Feet apart ?	Back stance ?	Heels & toes touching ?	Front stance ?

Q '7 a' What is Gedan barai ?

Downward block ?	Side block ?	Downward sweep ?	Hand block ?	Cup of Tea ?

Q '7 b' What is Jodan uke ?

Head block ?	Body block ?	Side block ?	Head punch ?	Inside block ?

Q '7 c' What is Uchi uke ?

Body block ?	Inside block ?	Head block ?	Outside block ?	Side of hand ?

Q '7 d' What is Soto uke ?

Side of hand block ?	Inside block ?	Outside block ?	Head block ?	Front kick ?

Q '8' What does Tsuki mean ?

Kicking ?	Fighting ?	Dancing ?	Punching ?	Blocking ?

Q '9' Can you name the first 3 punches you learn in 'Japanese' ?

Straight punch ?	Lunge punch ?	Reverse punch ?

Q '10 a' What is Mae Geri ?

Front punch ?	Middle block ?	Front kick ?	Head kick ?	Side kick ?

Q '10 b' What is Yoko Geri ?

Front punch ?	Front kick ?	Side punch ?	Side kick ?	Daddy ?

Q '11' What is the name for the Roundhouse kick ?

Yoko geri ?	Mawashi geri ?	Mae geri ?	Sokuto geri ?	Mummy geri ?

Q '12 a' What is the Japanese name for 'thrust' ?

Keage ?	Kukomi ?	Geri ?	Yoko ?	Sonny ?

Q '12 b' What is the Japanese name for 'snap' ?

Sokuto ?	Mae ?	Kukomi ?	Keage ?	Migi ?

Q '13 a' What does the word 'Kata' mean ?

Form ?	Dance ?	Kicking ?	Fighting ?	Kissing ?

Q '13 b' What is the Japanese word for Sparring ?

Kata ?	Kukomi ?	Kumite ?	Keage ?	Yoko ?

Q '14' Name the first kata you learn ? (Japanese name)

Name:

Q '15' Name the second & third kata ? (only for 8th. Kyu) Japanese name.

Name: Name:

Q '16' What does the word 'Mawate' mean ?

Stop ?	Go?	Punch ?	Turn ?	Go home ?

Q '17' What does the word 'Kiai' mean ?

Shout ?	Scream ?	Spirit meeting ?	Turn ?	Go to bed ?

Q '17 b' Try and Explain why we 'Kiai' ? (the more detail the better)

Answer:

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

Name:

Q '18' What does Karate mean ?

Fighting ?	Open hand ?	Empty Hand ?	China Hand ?	Iron Fist ?

Q '19' Why do we bow ?

To show respect ?	To grovel	To show courtesy ?	To tie our shoe ?	To hide your face ?

Q '20' Name the first 5 basic blocks ?

Block 1	Block 2	Block 3	Block 4	Block 5

Q '21 a' Give the English names for these punches ?

Kizami Zuki ?	Kagi Zuki ?	Ura Zuki ?	Tate Zuki ?	Age Zuki ?

Q '21 b' Give the Japanese names for these punches ?

Roundhouse Punch ?	Flowing Punch ?

Q 22 a' What does the word 'Hiza' mean ?

Knee ?	Feet apart ?	Back stance ?	Head ?	Front stance ?

Q '22 b' What is the Japanese word for Elbow ?

Hiza ?	Keri ?	Empi ?	Mummy ?	Zuki ?

Q '23 ' What is the Japanese name for Kick ?

Zuki ?	Empi ?	Uchi ?	Keri ?	Geri ?

Q '24' Name the first 5 basic Kicks ?

Kick 1 ?	Kick 2 ?	Kick 3 ?	Kick 4	Kick 5 ?

Q '25' What is the Japanese term 'Technique'?

Keri ?	Domo ?	Arigato ?	Waza ?	Gozaimus ?

Q '26' What are the Japanese names for 'Block' 'Punch' 'Strike' 'Kick' 'Sweep' ?

Block ?	Punch ?	Strike ?	Kick ?	Sweep ?

Q '27' Can you give another Japanese name for Jodan Uke ?

Jodan Geri ?	Uchi Uke ?	Age Uke ?	Soto Uke	Hi ?

Q '28' What is Ashi Barri ?

Front punch ?	Middle block ?	Leg sweep ?	Head kick ?	Side kick ?

Q '29' Do you know what Uchi waza is ?

Front punch ?	Front kick ?	Strike Technique ?	Side kick ?	Daddy ?

Q '30' Name the first 5 basic Stances learned in 'Japanese' ?

Heels & toes touching ?	Hip width apart ?	Straddle Stance ?	Forward leaning ?	Back stance ?

Q '31' What do the words below mean ?

Hidari ?	Migi ?	Mae ?	Yoko ?	Senaka ?

Q '32' During the Etiquette you hear the instruction 'Mokuso' what does this mean ?

Rest ?	Go to sleep ?	Quite thought ?	Turn ?	Go home ?

Q '33' What is the essence of all Karate techniques ?

Form ?	Kime ?	Kicking ?	Fighting ?	Blocking ?

Q '34' Can you explain what 'Maai' means ?

Answer:

Q '36' What is a Kata ?

Answer:

Q '37' What is the first technique in Kata ? and Why ?

Answer: Answer:

Q '38' What is Bunkai ?

Application of Kata for self defence ?	Fighting to the death	Never giving up ?	Performing the best possible Kata ?	Living a clean life ?

Q '39' Which is the first Kata we do that involves Kicks & what are their names ?

Kata name ?	First kick ?	Second kick ?	Japanese name for the first kick ?	Japanese name for the second Kick ?

Q '40' In Heian nidan there is an open hand block and strike give English & Japanese names ?

Block English name	Block Japanese name	Strike English name	Strike Japanese name

Q '41' In Heian nedan, name the block used at the second kiai point ?

Age Uke ?	Jodan Uke ?	Morote Uke ?	Uchi Uke ?	Soto Uke ?

Q '42' Give a) another Kick, and b) another Block which appear in Heian sandan (English & Japanese)

a) English ?	a) Japanese ?	b) English ?	b) Japanese ?

Q '43' Which is the Japanese for 'good morning' ?

O-hayo Gozaimasu ?	Konnichi wa ?	Konban wa ?	O-yasumi nasai ?	Shitsurei shimasu ?

Q '44' Which is the Japanese for 'good afternoon' ?

O-hayo Gozaimasu ?	Konnichi wa ?	Konban wa ?	O-yasumi nasai ?	Shitsurei shimasu ?

Q '45' Which is the Japanese for 'good evening' ?

O-hayo Gozaimasu ?	Konnichi wa ?	Konban wa ?	O-yasumi nasai ?	Shitsurei shimasu ?

Q '46' Which is the Japanese for 'good night' ?

O-hayo Gozaimasu ?	Konnichi wa ?	Konban wa ?	O-yasumi nasai ?	Shitsurei shimasu ?

Q '47 a' Which is the Japanese for 'good bye' ?

O-hayo Gozaimasu ?	Konnichi wa ?	Konban wa ?	O-yasumi nasai ?	Shitsurei shimasu ?

Q '47 b' Which is the Japanese for a woman or child to say 'good bye' ?

O-hayo Gozaimasu ?	Konnichi wa ?	Konban wa ?	Sayonara ?	Shitsurei shimasu ?

Q '48' Who was the founder of Shotokan karate ?

Rasputin ?	My dad ?	Keinosuku Enoeda ?	Gichin Funakoshi ?	Masao Kawasoe ?

Q '49' Relating to the above question (if you ticked the correct answer) who are the others ?

Rasputin ?	My dad ?	Keinosuku Enoeda ?	Gichin Funakoshi ?	Masao Kawasoe ?

Q '50' Where did the founder and the art originate from ?

China ?	Japan ?	U.S.A. ?	Okinawa ?	England ?

Q '51' Can you give the names of other martial other than Karate ?

Answer ?	Answer ?	Answer ?	Answer ?	Answer ?

Q '52' The names of most martial arts contain the terms 'Do' 'Ryu' 'Jutsu' what do they mean ?

Do ?	Ryu ?	Jutru ?

Q '53' What does the word 'Kime' mean ?

Looking ?	Feet apart ?	Focus-concentration ?	Head attack ?	Front stance ?

Q '547' What are 'Ren zuki' 'Ren keru' 'Dan zuki' 'Dan keru' ?

Answer ?	Answer ?	Answer ?	Answer ?

Q '55 a' Can you give the Japanese names for these terms ?

Fore fist ?	Hammer fist ?	Back Fist ?	One knuckle fist ?	Middle knuckle fist ?

Q '55 b' Can you give the Japanese names for these terms ?

Fore knuckle fist ?	Sword hand ?	Ridge Hand ?	Back hand ?	Spear hand ?

Q '55 c' Can you give the Japanese names for these terms ?

Heel of the palm ?	Ox jaw hand ?	Bear hand ?	Eagle hand ?	Chicken head wrist ?

Q '55 d' Can you give the Japanese names for these terms ?

Bent Wrist ?	Arm ?	Elbow ?	Ball of foot ?	Sword foot ?

Q '55 e' Can you give the Japanese names for these terms ?

Heel ?	Instep ?	Toe tips	Knee ?	Hand ?

Q '56 What is an 'uchi ude uke' ?

Outside to inside block ?	Back hand block ?	Palm heel block ?	Inside to outside block ?	A good kicking ?

Q '57' Name 5 open hand blocks in Japanese ?

Sword hand block ?	Vertical sword hand	Backhand block ?	Hooking sword hand ?	Pressing hand block ?

Q '58' Name the following open hand strikes ?

Haishu uchi ?	Nukite uchi ?	Teisho uchi ?	Shuto uchi ?	Haito uchi ?

Q '59 a' Give 5 of the 6 areas of foot used in kicks (English) ?

Answer ?	Answer ?	Answer ?	Answer ?	Answer ?

Q '59 b' Give 5 of the 6 areas of foot used in kicks (Japanese)?

Answer ?	Answer ?	Answer ?	Answer ?	Answer ?

Q '60' The foot positions in our 'yoi' stance are in which natural stance ?

Hachiji dachi ?	Musubi dachi ?	Heiko dachi ?	Zenkutsu dachi ?	Kosi dachi ?

Q 61' Can you give the names for 2 other natural stances ?

Heels together toes open ?	Feet apart, toes open ?

Q '62' There are two types of zenkutsu dachi, can you name both ? Japanese ?

Answer:	Answer ?
---------	----------

Q '63' How many different stances are there in the Heian kata ? Can you name them ?

How many ?	Name ?	Name ?	Name ?	Name ?
	Name ?	Name ?	Name ?	Name ?

Q '64 a' What is the Japanese name for the wedge block ?

Uchi uke ?	Soto uke ?	Kakiwake uke	Wedge Uke ?	Keri uke ?

Q '64 b' What kata is the wedge block in ?

Heian shodan ?	Heian nidan ?	Heian sandan ?	Heian yondan ?	Heian godan ?

Q '65 a' Which 2 heian kata are the cross hand blocks in ?

Heian shodan ?	Heian nidan ?	Heian sandan ?	Heian yondan ?	Heian godan ?

Q '65 b' What is the cross hand block called ?

Age Uke ?	Jodan Uke ?	Morote Uke ?	Juji uke ?	Soto Uke ?

Q '66' What is the name given to the line of pattern of performance of all kata ?

Answer :

Q '67' What is your understanding of the reasons for practising kata ?

Answer:

Q '68' What is 'sun-dome' ?

Arrest the technique just before contact with target	Strike the target lightly, so as to not hurt.

Q '69' What do the following Japanese terms mean in freestyle karate contests ?

Ippon ?	Waza-ari ?	Torimasen ?	Warning ?	Continue ?

Q '70' Can you define 'Hara' and why it is so important ?

Answer :

Q '71' Write down the five rules of Karate (Samurai code of honour) in your own words.

1:
2:
3:
4:
5:

Q '72' What are the following terms ?

Nagashi zuki ?	Kizami zuki ?	Ren zuki ?	Dan zuki ?	Morote zuki ?

Q '73' What are the following terms ?

Age zuki ?	Ura zuki ?	Kagi zuki ?	Mawashi zuki ?	Awase zuki ?

Q '74' What are the following terms ?

Yama zuki ?	Heiko zuki ?	Hasami zuki ?	Uraken uchi ?	Kentsui uchi

Q '75a' Can you name any other styles of Karate ?

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

Q '75 b' Relating to the above question, can you say what their names mean ?

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

Q '76' Can you explain the full meaning of 'Kara' as used in Karate ?

Answer:

Q '77' Why is it so important to do the etiquette before and after training ?

Answer:

Q '78 a' Give the Japanese names for the following terms ?

Rising ?	Downward ?	Side ?	Back ?	Sweeping ?

Q '78 b' Give the Japanese names for the following terms ?

Hooking ?	Scooping ?	Pressing ?	Augmented ?

Q '79' Give the Japanese names for the below two handed punches ?

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

Q '80' Can you name the following in English ?

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

Q '81' Can you think of another kick which is actually a block ?

Answer:

Q '82' What is 'Kin geri' ?

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

Q '83 a' Can you name these stances in Japanese Terms ?

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

Q '83 b' Can you give the Japanese names for these terms ?

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

Q '84' What is 'Tai sabaki' ?

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

Q '85' What is a decisive technique called in Japanese ?

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

Q '86' Name the two stances used in 'Tekki kata' ? (easy one)

Answer:

Answer:

Q '86' Name the two kicks in 'Tekki shodan' ? (another easy one, but answer in Japanese)

Answer:

Answer:

Q '87' 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 '88' What is the sliding movement of feet called, as is see at the end of Heian sandan ?

Answer:

Q '89' How would you announce a kumite contest needing one point to win ?

Answer:

Q '90' What terms would you use to indicate the winner and a draw in kumite ?

Winner ?

Draw ?

Q '91' How would you announce a foul, with victory going to the opponent ?

Answer:

Q '92' '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 '93' Fill in the Japanese for the following numbers

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

Q '94' What do you understand by the term 'Zanshin' ?

Answer:

Q '95' 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 '96' 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 '97' What is the English word for excuse me, or give me your attention ?

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

Q '98' What is the English word for 'how are you' ?

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

Q '99' What is the English word for 'pleased to meet you' ?

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

Q '100' What is the English word for 'I'am sorry' ?

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

Q '101' What is the English word for 'here you are' ?

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

Q '102 ' Can you name the two teachers who instructed the founder of Shotokan Karate ?

1st Teacher.		2nd Teacher.

Q '103' Do you know what happened in Okinawa in the 1600s that is thought to have been the impetus for the development of the Okinawan martial arts, leading to our present Karate ?

Answer below:

Q '104' Who do you think had the greatest influence in shaping Shotokan Karate apart from Gichin Funakoshi & what was his/her relationship to him ? .

Answer below:

Q '105' How did Shotokan Karate get its name ? and what does it mean ?

Answer below:

Q '106' Why should Karate be called "Karate-Do" and not just" Karate"

Answer below:

Q '107' Do you know when Karate was first displayed outside the privacy of the Ryukyu islands. to become know throughout Japan ?

Answer:

Q '108' Who was Bodhidharma, and what is his significance regarding Karate ?

Answer:

Q '109' The term 'Budo' is used to signify all the Martial Arts. Its literal translation gives us the main point behind the Arts. What is it ?

Answer:

Q '110' What do you understand by the term 'ibuki' ?

Stop ?	Keep moving ?	Breath control ?	Mind control ?	Keeping still ?

Q '111 Can you tick the very important 7 main principles involved in all Karate techniques ?

Form ?	Power & speed ?	Kata ?	Sparring ?	Concentration ?
Strengthening muscle ?	Dancing ?	Rhythm & timing ?	Head ?	Legs ?
Young body ?	Hips & hara ?	Breathing ?	Fighting ?	Softness ?

Q '112' Can you name these open hand strikes in 'Japanese' ?

Bear hand ?	Ox jaw hand ?	Chicken head wrist ?	Bent wrist ?	Eagle hand ?

Q "113' Can you name these hand blocks in 'Japanese' ?

Scooping block ?	Hooking block ?	Pulling block ?	Trapping block ?	Opening block ?

Q '114' During the 'ude uke wasa' & the 'ude uchi wasa' three areas may be used, can you give the Japanese names ?

Outer arm ?	Back of arm ?	Inner arm ?

Q '115' What is a 'haiwan nagashi uke' ?

Back heel kick ?	Back arm sweeping block ?	Front arm scooping block ?	Hour glass stance ?	Cat leg stance ?

Q '116' How would you call time in Japanese at the end of a kumite contest ?

Last orders ?	Time please ?	Jikan ?	Yame ?	Keri ?

Q '117' What is the 'Japanese word' for decision/judgement at the end of a Karate contest ?

Yame ?	Hantei ?	Jikan ?	Ippon ?	Wazari ?

Q '118' Different Kata have different 'yoi' positions. What is the reason for the hand positions of 'yoi' Tekki shodan and Bassai-dai ?

Answer:

Q '119 a' Give the meaning of the names for the following Kata ?

Taikyoku ?	Heian ?	Bassai-dai ?	Kanku-dai	Ananko

Q '119 b' Give the meaning of the names for the following Kata ?

Matsukaze ?	Jiin ?	Empi ?	Gankaku ?	Tekki ?

Q '120 c' Give the meaning of the names for the following Kata ?

Jutte ?	Hangutsu ?	Jion ?	Chinte ?	unsu ?

Q 121' What are the two schools / styles that many of our required Kata come from ?

Answer ?	Answer:
----------	---------

Q '122 a' Can you say which of the following Kata come from which school ?

Heian ?	Tekki ?	Bassai ?	Hangetsu ?	Empi ?

Q '122 b' Can you say which of the following Kata come from which school ?

Gankaku ?	Jion?	Jitte ?	Kanku ?	Unsu ?

Q '123' What are the important different attributes of these two styles and the type of build of person said to be most suited to each ?

Answer:	Answer:
---------	---------

Q '124' What does 'karate ni sente nahi' mean ?

Answer:

Q '125' What does 'mizu no kokoro' mean ?

Answer:

Q '126' Explain the significance of the phrase in the previous question ?

Answer:

Q '127' As a true follower of Karate-do you should never be drawn into a fight. Why is this ?

Answer:

Q '128' What is it about properly executed Karate techniques that makes it likely to be very dangerous if misused ?

Answer:

Q '129' Sport Karate contests are very popular, everyone likes to win, but what should we as true karateka, consider to be more important ?

Answer:

Q '130' As a true believer and follower of Karate-do, what do we consider are the most important qualities you should always strive to develop throughout life ?

Answer:

Q '131' What does the word 'Shotokan' actually mean, and how did it become so called ?

Answer:

Q '132' What is the Japanese word for the code of honour we follow 'way of the warrior' ?

Karate-do ?	Shotokan ?	bushidi ?	Ippon ?	Nakadaka ?

Q '133' What is the word for a practising Karate person ?

Katatedo ?	katateka ?	Karateno ?	Katatekyu ?	Karateryu ?

Q '134' What is the word for a black belt holder ?

Dan grade ?	Karatedan ?	Karateka ?	Yudansha ?	Youdan ?

Q '135' What does the word 'Ki' mean ?

Answer:

Q '136' What is the Japanese word for Thanks ?

Domo ?	Arigato gozaimasu ?	Domo arigato gozaimasu ?	Kanpai ?	O-negai shimasu ?

Q '137' What is the Japanese word for Thank you ?

Domo ?	Arigato gozaimasu ?	Domo arigato gozaimasu ?	Kanpai ?	O-negai shimasu ?

Q '138' What is the Japanese word for Thank you very much ?

Domo ?	Arigato gozaimasu ?	Domo arigato gozaimasu ?	Kanpai ?	O-negai shimasu ?

Q '139' What is the Japanese word for Cheers ?

Domo ?	Arigato gozaimasu ?	Domo arigato gozaimasu ?	Kanpai ?	O-negai shimasu ?

Q '140' What is the Japanese word for Yes, please ?

Domo ?	Arigato gozaimasu ?	Domo arigato gozaimasu ?	Kanpai ?	O-negai shimasu ?

Q '141' Shotokan Karate is built on what is called TRIADS. How many are there ?

--

Q '142' Name all the Triads below:

Q '143' Can you elaborate on the "Triads".

--