

Beginner (10-6) KYU EXAMINATION QUESTIONS

Name: _____

1. Are your hips turned or straight while punching? _____
2. Are your hips turned or straight while blocking? _____
3. How many movements are there in the kata you will be doing? _____
4. What is the name of the kata you will be doing and what is the translation of its name? (Heian Shodan, Nidan, Sandan) _____
5. Name five (5) rules of the dojo.
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
6. What does "karate" mean? _____
7. Why do we bow? _____
8. Who do you bow to in the dojo? _____
9. List three (3) situations when you have to bow in the dojo.
 1. _____
 2. _____
 3. _____
10. What does "sensei" mean? _____
11. What does "sempai" mean? _____
12. Why do you turn your hips when blocking? _____
13. After attacking and counter attacking in a sparring exchange, which retreats first, the attacker or defender? _____
14. What is a kiai? _____
15. What is the purpose of a kiai? _____

16. How do you keep your balance when kicking? (2 ways) _____

17. Who was Master Funakoshi? _____

18. What are the three (3) most important values to learn when practicing karate?

1. _____

2. _____

3. _____

19. Draw the pattern your kata makes on the floor. _____

20. Which stance has 60% of your weight on the forward leg? _____

21. Where is the shomen? _____

22. What do we call the place where karate students train? _____

23. List the color of the different belts that we use in the dojo.

10 _____ 9 _____ 8 _____ 7 _____

6 _____ 5 _____ 4 _____ 3 _____

2 _____ 1 _____ shodan _____

24. What does "Heian" mean? _____

25. Why would one kick rather than punch? _____

26. Where do you generate power from when punching? _____

27. What part of your hand/fist do you punch with? _____

28. Who started Shotokan karate?

a) Mr. Miyagi

b) Mr. Funakoshi

c) Mr. Warren

29. List the five (5) principles of the Dojo Kun.

1. _____ 2. _____

3. _____ 4. _____

5. _____

30. How do you make kiba dachi? _____