

# ***Advanced (2-shodan) EXAMINATION QUESTIONS***

**Name:** \_\_\_\_\_

1. What is ma-ai? \_\_\_\_\_
2. What does the Shotokan Tiger represent? \_\_\_\_\_
3. Where is the seika-tanden located? \_\_\_\_\_
4. Name two stances with inside tension.
  1. \_\_\_\_\_
  2. \_\_\_\_\_
5. What is zanshin? \_\_\_\_\_
6. What is kime? \_\_\_\_\_
7. What are the two styles of kata from which Shotokan kata was derived?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
8. What does "Tekki" mean? "Bassai"? "Kanku"? \_\_\_\_\_
9. Why do we practice kata? \_\_\_\_\_
10. After a sparring exchange, why does the defender wait for the attacker to retreat before recovering? \_\_\_\_\_
11. What does "Shotokan" translate to? \_\_\_\_\_
12. How did the name "Shotokan" originate? \_\_\_\_\_
13. Translate the Japanese concept "Ikken Hissatsu"? What does it mean to training? \_\_\_\_\_  
\_\_\_\_\_
14. Which is more important- having a strong spirit or having good karate technique? \_\_\_\_\_
15. What is embusen? \_\_\_\_\_
16. Who were Master Funakoshi's two main instructors?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
17. What is reigi? \_\_\_\_\_  
\_\_\_\_\_

18. Explain what you know about the sempai/kohai (teacher/student) relationship in Japanese society that carries over into karate training.

---

---

---

19. What are the responsibilities of the senior-ranked students in the dojo? List at least three.

---

---

---

20. Translate literally the meaning of the terms "kyu" and "dan" and explain the differences between the two.

---

---

---

---

---

21. Create an examination question appropriate for this ranking level.

---

---

---

---

### Terminology

**PUNCHES (tsuki waza)**

\_\_\_ A. Straight Punch

\_\_\_ B. Vertical Fist Punch

\_\_\_ C. Short Punch (Jab)

\_\_\_ D. Rising Punch

\_\_\_ E. Roundhouse Punch

\_\_\_ F. Hook Punch

\_\_\_ G. Back Fist

1. [*Mawashi-zuki*]

2. [*Oi-zuki*]

3. [*Tate-zuki*]

4. [*Gyaku-zuki*]

5. [*Choku-zuki*]

6. [*Yama-zuki*]

7. [*Ura-zuki*]

- \_\_\_ H. Lunge Punch
- \_\_\_ I. Reverse Punch
- \_\_\_ J. Wide U Punch

- 8. [*Kizami-zuki*]
- 9. [*Kagi-zuki*]
- 10. [*Age-zuki*]

### **PUNCHING WEAPONS**

- \_\_\_ A. Fore-knuckles
- \_\_\_ B. Hammer Fist
- \_\_\_ C. One-knuckle fist
- \_\_\_ D. Back Fist
- \_\_\_ E. Palm Heel
- \_\_\_ F. Elbow
- \_\_\_ G. Spear Hand
- \_\_\_ H. Sword Hand
- \_\_\_ I. Ridge Hand
- \_\_\_ J. Forearm

- 1. [*Nukite*]
- 2. [*Uraken*]
- 3. [*Teisho*]
- 4. [*Ude*]
- 5. [*Seiken*]
- 6. [*Haito*]
- 7. [*Empi*]
- 8. [*Tetsui*]
- 9. [*Ippon Ken*]
- 10. [*Shuto*]

**KICKS**

- A. Front Snap Kick [ \_\_\_\_\_ Geri] (.**5**) \_\_\_\_\_  
 1. Path (\_\_\_ Arc, \_\_\_ Straight Line) to target
- B. Front Thrust Kick [ \_\_\_\_\_ Geri]  
 1. Path (\_\_\_ Arc, \_\_\_ Straight Line) to target
- C. Roundhouse Kick [ \_\_\_\_\_ Geri]  
 1. Path (\_\_\_ Arc, \_\_\_ Straight Line) to target
- D. Side Snap Kick [ \_\_\_\_\_ Geri]  
 1. Path (\_\_\_ Arc, \_\_\_ Straight Line) to target
- E. Side Thrust Kick [ \_\_\_\_\_ Geri]  
 1. Path (\_\_\_ Arc, \_\_\_ Straight Line) to target
- F. Back Thrust Kick [ \_\_\_\_\_ Geri]  
 1. Path (\_\_\_ Arc, \_\_\_ Straight Line) to target
- G. Crescent Kick [ \_\_\_\_\_ Geri]  
 1. Path (\_\_\_ Arc, \_\_\_ Straight Line) to target

**WEAPONS of KICKS**

- \_\_\_ A. Instep
  - \_\_\_ B. Heel
  - \_\_\_ C. Ball of Foot
  - \_\_\_ D. Knee
  - \_\_\_ E. Sword Foot Edge
- 1. [Hiza]
  - 2. [Sokuto]
  - 3. [Haisoku]
  - 4. [Koshi]
  - 5. [Kakato]

**BLOCKS**

- \_\_\_ A. Downward Block
  - \_\_\_ B. Outside Block
  - \_\_\_ C. Inside Block
  - \_\_\_ D. Rising Block
  - \_\_\_ E. Sword Edge Block
  - \_\_\_ F. Augmented Forearm Block
  - \_\_\_ G. Sweeping Block
- 1. [Shuto Uke]
  - 2. [Age Uke]
  - 3. [Morote Uke]
  - 4. [Te Nagashi Uke]
  - 5. [Gedan Barai]
  - 6. [Uchi Ude Uke]
  - 7. [Soto Ude Uke]

Name at least 4 major points of performing kata:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

Name the 15 original kata of the Shotokan style and their English translations

- 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
- 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_
- 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_
- 10. \_\_\_\_\_ 11. \_\_\_\_\_ 12. \_\_\_\_\_
- 13. \_\_\_\_\_ 14. \_\_\_\_\_ 15. \_\_\_\_\_