

Intermediate (5-3) KYU EXAMINATION QUESTIONS

Name: _____

1. List three important points for correct front stance. _____

2. List three important points for correct back stance. _____

3. List three important points for correct side stance. _____

4. What is the name of the kata you will be doing and what is the translation of its name?

5. Why do we bow and when? _____

6. Why do you turn your hips when blocking? _____
7. What is a kiai and how do we use it? _____

8. What are the three (3) most important values to learn when practicing karate?
 1. _____
 2. _____
 3. _____
9. Draw the pattern your kata makes on the floor. _____
10. What does "Heian" mean? "Tekki"? _____
11. Why would one kick rather than punch? _____
12. How do you generate power when punching? _____
13. What is the difference between three-step sparring and one-step sparring? Why do we do the two different kinds of sparring? _____

14. What is the Dojo Kun? _____

Terminology

Punches/Hand Techniques (Te waza)

- _____ A. Straight Punch
- _____ C. Short Punch (Jab)
- _____ G. Back Fist
- _____ H. Lunge Punch
- _____ I. Reverse Punch
- _____ F. Elbow
- _____ G. Spear Hand
- _____ H. Sword Hand
- _____ J. Forearm

1. [*Nukite*]
2. [*Chuko zuki*]
3. [*Oi tzuki/Jun zuki*]
4. [*Kizami-zuki*]
5. [*Ude*]
6. [*Uraken*]
7. [*Empi*]
8. [*Gyaku zuki*]
9. [*Shuto*]

Kicks (Geri waza)

- _____ J. Front kick
- _____ J. Snap Side Kick
- _____ J. Thrust Side Kick
- _____ J. Round kick
- _____ J. Back kick

1. [*Mawashi geri*]
2. [*Mae Geri*]
3. [*Yoko Kekomi geri*]
4. [*Ushiro geri*]
5. [*Yoko Keage geri*]

Blocks (Uke waza)

- _____ A. Downward Block
- _____ B. Outside Block
- _____ C. Inside Block
- _____ D. Rising Block
- _____ E. Sword Edge Block

1. [*Shuto Uke*]
2. [*Uchi Ude Uke*]
3. [*Age Uke*]
4. [*Soto Ude Uke*]
5. [*Gedan Barai*]