

Saizen Karate

Study Guide for the 3rd Kyu Brown Belt Written Test

1. What are the 3 major categories of training in karate-do? **Kata Kihon Kumite**
2. What is the meaning of uchikomi? **Fitting inside**
3. What is the meaning of bunkai? **To break a kata down and study the application of each of its parts**
4. What is the meaning of kancho? **Head of the house**
5. Who was the founder of hapkido? **Yong Sul Choi**
6. Who was the founder of aikido? **Morihei Ueshiba**
7. Who was the founder of Tenshi Kan? **Shigeki Umemoto**
8. What is the translation of Tenshi Kan? **House of the Fighting Spirit**
9. What is your instructor's rank in the following arts:

Karate-do **6 Dan** Taekwondo **6 Dan** Hapkido **4 Dan** Judo **3 Dan** Aikido **2 Dan**
10. Complete the following table:

STANCE	WEIGHT % FRONT	WEIGHT % BACK	WIDTH	LENGTH	POSTURE
X	90	10	0	0	Front Facing
WIDE OPEN TOE	50	50	0	2 - 2 1/2 Shoulder Widths	Front or Side Facing
BROKEN LEG	50	50	1 Shoulder Width	2 Shoulder Widths	Front Facing

11. Write the English equivalent for the following Japanese words:

Zenkutsu dachi Forward Stance Mae keage Front Rising Kick

Shuto yoko uchi Knife Hand Side Strike Nukite Spear Hand

Gyaku mikazuki geri Rev. Crescent Kick Kiba dachi Riding Stance

Mae geri Front Snap Kick Ushiro geri kekomi Back Thrust Kick

Age uke Rising Block Kokutsu dachi Back Stance

Soto ude yoko uke Outer Forearm Side Block Chudan Middle

Mawashi geri Roundhouse Kick Gedan barai Low Block

Oi zuki Lunge Punch Gedan Low

Uchi ude uke Side Block Mikazuki geri Crescent Kick

Jodan High Soto ude uke Front Block

Yoko geri kekomi Side Thrust Kick Gyaku zuki Reverse Punch

12. What are three advantages of the pivot when kicking ?

(Think of an answer before taking the test!)

13. What are three advantages that kicks have over hand techniques ?

(Think of an answer before taking the test!)

14. What are three advantages that hand techniques have over kicks ?

(Think of an answer before taking the test!)

15. What is the difference in objective between a jump kick and a flying kick ?

Jump kicks are generally for height . They can be done in place, advance slightly, or retreat slightly.

Flying kicks are for covering greater distances.

16. What is the difference between a turning kick and a spinning kick ?

A spinning kick has a step in it. Therefore, a spinning kick covers more distance and the spinning action lasts longer.

17. What does Shaolin mean? In your own words, explain the philosophy behind the name.

Shaolin means “Young Forest.”

Most people notice only the big trees in a forest, but there are also many younger trees of all sizes. The forest will eventually die if there were only big trees. The cycle of the forest is that the older trees provide the nutrients and protection that the younger trees need to survive and grow strong, so that when they die there is a new generation of big trees. For a martial art to survive, the senior students must take care of the younger students and prepare them to be leaders. The future of the art depends on the growth of the “Young Forest.”

18. Explain the meaning of the phrase “kushin, doryoku, seiko.”

Kushin - Hard work to the point of suffering

Doryoku - Great effort, Exertion

Seiko - Success

In your own words, explain what this saying means to you.
