

SWKKF - Black Belt Grading Written Test

Part I: Basic terminology

Write the Japanese words for the numbers 1 through 10.

- | | | | |
|---|-------|----|-------|
| 1 | _____ | 6 | _____ |
| 2 | _____ | 7 | _____ |
| 3 | _____ | 8 | _____ |
| 4 | _____ | 9 | _____ |
| 5 | _____ | 10 | _____ |

Write the English translation of the following Japanese terms:

- a) Zenkutsa dachi _____
- b) tsuki _____
- c) ashi barai _____
- d) empei _____
- e) mae geri _____
- f) uke _____
- g) yame _____
- h) yoko _____
- i) dojo _____
- j) sensei _____

Write the Japanese translation for the following English terms:

- a) strike _____
- b) kick _____
- c) round-house kick _____
- d) body twisting or shifting _____
- e) turn _____
- f) back stance _____
- g) cat stance _____
- h) back hand _____
- i) palm heel strike _____
- j) hammer fist _____

Part II: Who's Who?

1. Who's the founder of Wado-Kai Karate and what rank did he hold? _____
2. Who was the above person's 1st karate instructor? _____
3. Who is responsible for bringing Wado-Kai Karate to Canada and what rank did he hold?

4. Who is the current president of the Shintani Wado-Kai Karate Federation and what rank does he hold? _____
5. Who is the chief instructor of the Shintani Wado-Kai Karate Federation and what rank does he hold? _____
6. We have 9 senate members in the Shintani Wado Kai Karate Federation. Can you name them? _____

Part III: Philosophy

1. Describe what a kata is to someone whom has no knowledge of the martial arts. _____
2. Explain the symbolism behind the dove and the fist emblem. _____
3. Explain your interpretation of Sensei Shintani's philosophy of karate? _____
4. Define the word "dojo" and describe what the expectations of students are in respect to that word. _____
5. What does it mean to be a sensei? _____

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