

Shodan Written Exam

1. What is the name of our style of karate?
2. Who is the founder of our style of karate?
3. What does the word "Kempo" (Kenpo) mean?
4. Who brought karate to Japan from Okinawa and is considered the "Father of Modern Karate"?
5. In what year did karate begin being taught regularly in Japan?
6. Who was **Sokon "Bushi" Matsumura**?
7. Who was **Yasutsune "Ankoh" Itosu**?
8. Who was **Choki Motobu**?
9. Who is the founder of Judo?
10. In what year was Judo founded?
11. From what existing martial arts was judo synthesized?
12. Why did the founder of Judo feel the need to create judo?
13. What does the word **Bushido** mean?
14. What does the word **karate** mean?
15. What does the Japanese word **do** mean?
16. What does the Japanese word **jitsu** mean?
17. What three Okinawan villages contributed most substantially to the growth of Okinawan karate?
18. Name a style that originated in each of two of those villages.
19. When did **Tae Kwon Do** originate as a named style?
20. Where did **Tae Kwon Do** originate?
21. How does **Tae Kwon Do** differ from our style?
22. Who composed the five "Pinan" kata?
23. When were the five "Pinan" kata composed?
24. Who first began teaching karate publicly in the continental United States and where was it first taught?
25. What was the name of that style?
26. Who was the founder of the style known as "American Kenpo"?
27. Describe in detail the Color Code of self defense awareness first formulated by Jeff Cooper, its purpose and use.
28. Describe six effects of adrenaline on the body in a confrontational situation.
29. Name three important components of successfully executing a self defense technique.
30. When should you use a preemptive strike?
31. Under what conditions would defending oneself be legal in Arizona?

Resources -

Go to a web search engine (Yahoo, Excite, etc. - I like www.dogpile.com) & type in the keywords (for example - Choki Motobu; "Color Code" and "Jeff Cooper", etc.)

ALSO: **The Martial Arts Encyclopedia** Emil Farkas & John Corcoran

Bring in the answers on a separate answer sheet no later than the day before your test. We ask that you please find these answers on your own - don't get together and compare answers with another student. The reason is that we want you to discover other things about Karate history in the process of your search. Just copying answers from each other will deprive you of attaining that part of your martial arts education.

SCORING:

30 - 31 - A; 27-29 - B; 26-23 - C; 22 - 20 - D; 19 or less - F

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