

Holloway's Isshin-Ryu Karate School
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Go Kyu

1. What style of karate are you studying?
2. What does the word karate mean?
3. Translate the word "rei" into English.
4. Why are the toes curled upward while executing a mae geri?
5. Describe the 10th exercise.
6. Where was karate developed as a fighting art?
7. What is an obi?
8. Translate the word kata.
9. How many forms of bows are there?
10. What is a code of karate?
11. What is the Japanese name of a kata taught in Isshin Ryu karate?
12. What is a Sensei?
13. Give two reasons for wearing a gi.
14. List three reasons for learning the fifteen basic exercises.
15. What is kumite?
16. What is a kyu rank?
17. List two things that are stressed while learning your first kata.
18. Which is more important, form or speed?
19. What is a Go Ryu?
20. Describe the ninth exercise.
21. How many basic kicks are there in this style of karate?
22. Why is the thumb placed on the top of the fist?
23. What is a Mae Geri?
24. What is your Sensei's rank?