

Holloway's Isshin-Ryu Karate School
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Ii Kyu

1. Why are the feet positioned shoulder-width apart and straight down the outside edge while standing in the ready position?
2. Explain the use of the hips in the fifteenth exercise?
3. Explain in detail a Sempai?
4. What are the two main goals of karate?
5. Name the two katas in Isshin-Ryu that contain throws.
6. Why are the feet turned in during Sanchin?
7. What is Kusanku kata specifically designed for?
8. Why is there discipline in karate?
9. What is a shote?
10. What kata has reinforced punches and blocks?
11. Define focus.
12. Which is the most important: kata, or kumite?
13. Why do you bow to your opponent before kumite?
14. List five functions that the fifteen exercises perform.
15. Is breaking a necessary part of karate training?
16. In what kata do you use your knee as a strike?
17. How many times is empi used in Chinto?
18. List two reasons for doing warm up exercises.
19. How do build up your speed?
20. How do you sharpen your reflexes?
21. What is the ball of the foot called in Japanese?
22. In which direction are you facing at the end of all katas?
23. In which kata is a yoko geri used?
24. Translate the phrase Isshin Ryu Karate Do.
25. Explain the symbolism behind the Isshin-Ryu patch?