

Holloway's Isshin-Ryu Karate School
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Ni Kyu

1. Explain the use of the eleventh exercise.
2. What is a bo?
3. List five reasons for katas being stressed in Isshin-Ryu karate.
4. What is the function of kotiki-tai?
5. Explain the difference between ippon kumite and jyu kumite.
6. In what city did Shimabuku live in?
7. What is a code of karate?
8. What two styles of karate were combined to form Isshin-Ryu?
9. Which Direction is Nahanchi karate performed in?
10. Name a kata that contains a zenkutsu dachi stance.
11. What is Chinto known for?
12. Who were Shimabuku's instructors?
13. How many katas are there in Isshin-Ryu?
14. What is the common name for the Isshin-Ryu patch?
15. What is the terminology for the rank of green belt?
16. Why are the feet turned in in Nahanchi?
17. What is a sai?
18. In what kata is a cross punch used?
19. What is the function of the last movement in Seiuchin?
20. What does a clenched fist and an open hand signify?
21. Describe the throw in Wansu.
22. Who is Funikoshi Sensei and what was he known for?
23. What is a kime?
24. What is a makiwara?
25. What is essential to all stances?