

Holloway's Isshin-Ryu Karate School
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San Kyu

1. What is the purpose of the formalities in karate?
2. Which kick is used in Seisan?
3. What direction is the basic movement in Nai-Hanchi?
4. Why is the heel lifted and lowered to the floor in Seisan?
5. What is a code of karate?
6. What does karate-do mean?
7. What is a Shodan?
8. What kata has fake kicks?
9. A place to practice karate is called a _____.
10. What does the word yame mean?
11. What is the blade edge of the foot called?
12. Describe the fifteenth exercise in detail.
13. What does the word ryu mean?
14. How many formal empty handed katas are in Isshin Ryu ?
15. What is the Japanese for your sixth upper body exercise.
16. What is a chief characteristic of Isshin-Ryu karate?
17. What does the word Kohai mean?
18. What is a Tachi-rei?
19. What is a code of karate?
20. When punching or blocking, explain the use of breath control.
21. What is the most polite bow?
22. Explain how to make an Isshin-Ryu fist.
23. Name one of Master Shimabuku's instructors?
24. At what age did Master Shimabuku begin studying karate?
25. Name the two styles that Isshin-Ryu was derived from?