

Holloway's Isshin-Ryu Karate School
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Yon Kyu

1. How many obvious kicks are there in Seiuchin?
2. How many blocks are in Seiuchin?
3. Describe the position of the feet in a Seiuchin stance.
4. What leg has the most weight when standing in a cat stance?
5. What is a kiai?
6. What is the blade edge of the hand called?
7. What does the word mae geri mean?
8. What is a code of karate?
9. What is a karate-ka?
10. Explain your fourteenth exercise in detail?
11. List two things that are concentrated on while learning Seiuchin.
12. What is a code of karate?
13. What is an empi?
14. What is a uraken?
15. What is the term for a referee?
16. Give two reasons for using a kiai.
17. What is a Yudansha?
18. What is a seiken?
19. List the order of the colors in the Dojo ranking system.
20. What is a dan?
21. Who is the founder of Isshin Ryu karate?
22. Translate the work hajime.
23. What is kumite?
24. Describe a nukite strike.
25. List four reasons for studying karate.