

B. S. K. A. 1st DAN THEORY PAPER

To be submitted to the Chief Instructor at least two weeks before grading.
80% pass rate required. If pass rate is not attained the paper may be resubmitted any number of times.

Translate the names of the following styles of karate and name the founder:

1. Sankukai.
2. Wadoryu.
3. Shitoryu.
4. Gojuryu.
5. Kyokushinkai.
6. Shotokan.
7. Shukokai.

Briefly explain:

8. Go-no-sen.
9. Sen-no-sen.
10. Zanshin.
11. Ma-ai.

Explain the difference between:

12. Surikomi and suriashi.
13. Yoko geri and sokuto geri.
14. Do and justu.

15. Name the British Sankukai Karate Association President.
16. Name the original Sankukai Association in Great Britain.
17. What is the only kata on the BSKA syllabus that is purely Sankukai?

Translate the names of the following katas:

18. Matsukaze.
19. Annanko.
20. Bassai dai.
21. Wankwan.
22. Tensho .

23. What famous Okinawan karateka was nicknamed "The Monkey"?
24. What famous Japanese karateka was known as "The Cat"?
25. Who was captain of the 1975 Great Britain World Championship Team?
26. Who is considered the father of European karate?
27. Who devised the Pinan katas?
28. Give the Japanese for hard breathing.
29. Give the Japanese for soft breathing.
30. What three towns on Okinawa developed distinctive styles of 'te'?
31. Give examples of styles of karate influenced by the two main styles of 'te'.
32. Name a style of karate influenced by both of the main styles of 'te'.
33. Name katas deriving from each of the three styles of 'te'.
34. Translate and briefly explain "tsuki no kokoro"
35. Translate and briefly explain "mizu no kokoro"
36. Translate "karate ni sente nashi"
37. What did Kenwa Mabuni originally call his style of karate?
38. Who first demonstrated and then brought karate to Japan?
39. What is the Japanese term for a junior black belt?
40. What is the Japanese term for a provisional black belt?
41. What katas did Nanbu Sensei adapt to devise the heiwa katas?
42. Translate heiwa
43. Give seven weapons used in traditional Okinawan Kobudo.
44. Karate training can be divided into three main areas known as the three 'K's. What are they?
45. Sankukai refers to evasion techniques as tenshins. What more common term is used by other styles
46. Give the six commands of the full bow.
47. Translate 'Domo arigato gozaimashita'.
48. Translate 'Uwate ni wa uwate ari'.
49. What is the minimum age and grade requirements for a BSKA grading officer?
50. Who brought Sankukai to Britain and in what year?