

EXAMINATION FOR BLACK BELT

Name: _____ Test Score: _____ Present Dan Grade: _____

History and Organization

1. Who is the Director of the Kwanmukan? _____
2. He was born in (city) _____ (year).____
3. What grade does he hold in following arts? Judo____Karate____Jujitsu____Taekwondo_____
4. What grade does he hold in the organizations? USKA____Ryokukai International____USJA____Kwanmukan____Chinese Wu Shu____All American Karatedo Fed____Intl Karate Insts Inst_____
5. What positions does O-Sensei hold WUKO and other Olympic Comm related organizations? _____

6. What other Dans are involved and in what capacity? _____

7. Master Anderson's principle Taekwondo teacher was _____ his teacher _____
8. Name the 2 Kwanmukan Renshis. _____
9. Name the active Kwanmukan high dans.5 degree and over _____

10. Name the major dojo instructors of the Kwanmukan _____

11. Trace the teachers of Master Anderson back to China. _____

12. The complete name and correct spelling for the style he synthesized and standardized is _____

13. This style is more commonly known as _____
14. What does the name mean? _____
15. To date, how may certificates have been issued by the organization presided over by O-Sensei ?1st dan _____
2nd dan _____3rd dan _____ 4th dan _____ 5th dan _____ 6th dan _____ 7th dan _____
16. The Central Taekwondo Association was founded in _____ in _____
17. The founding directors of the Central Taekwondo Association were _____

18. The Kwanmukan 's major law-enforcement officers are: _____

19. The Karate All-Americans that the Kwanmukan has produced. _____

20. Who was the National AAU Senior Men's kumite champion in 1976? _____
21. What KMK Dan fought in the World Games I, placing seventh? _____
22. What KMK Dan fought in the World Games G 2 in London? _____
23. What KMK Competitor is on the National Kata team? _____
24. What KMK Black belt is the 1987 USOC Karate Athlete of the year _____
25. Where is the National office of the USA Karate _____
26. The Pan American Union of Karatedo Orgs _____
27. The First VP of World Union of Karatedo Orgs _____
28. What are O-Sensei Anderson's duties with the USKA? _____
29. The first All-Japan Karatedo Championship Tournament was held in Tokyo in _____
30. The Technical Director at the 1st World Cup in Budapest, presiding over the unification of WUKO and the IAKF was _____
31. The Technical Director at the First World Collegiate Karate Karate Championships in Kobe was _____

32. The First World Technical Congress, held in _____ was chaired by _____
33. The USA Delegates were. _____
34. The Constitution of PUKO was written by _____ & _____
35. Mr. Anderson was President of the WUKO Referee Council and Chief Referee of the World from _____
_____ to _____
36. Mr. Anderson holds the rank of _____ In law enforcement.
37. Mr. Anderson holds the didactic title of _____ as awarded by the College of Yudansha, the combined halls of Fame.
38. Mr. Anderson was inducted into the Black belt Hall of Fame in _____

PUT THE PROPER TERMINOLOGY IN THE BLANKS:

39. Back stance _____ 40. Cat stance _____ 41. Forward stance _____
- _____ 42. Horse riding stance _____ 43. Informal attention stance _____
- _____ 44. Natural stance _____ 45. Straddle fixed stance _____ 46. Sumo stance _____
- _____ 47. Back kick _____ 48. Crescent kick _____ 49. Cross over side kick _____
- _____ 50. Front kick _____ 51. Roundhouse kick _____
52. Side kick _____ 53. Swing side kick _____ 54. One _____ Two _____
- Three _____ Four _____ Five _____ Six _____ Seven _____ Eight _____ Nine _____ Ten _____ 55. Empty hands _____
56. Way of Japanese martial arts _____ 57. TAO the way _____ 58.

- Pointer of the way, teacher _____ 59. Teacher of teachers _____ 60. Greatest teacher _____
61. Yes, OK, let's go _____ 62. Bow _____ 63. Major bow _____
64. Seated Bow _____ 65. Standing bow _____ 66. Bow to front _____
67. Bow to instructor _____ 68. Bow to each other _____ 69. Meditation or quiet contemplation _____
70. Instructor, thank you very much _____
71. Instructor, show me the way _____ 72. Honor title for senior master, philosophical leader _____
73. Honor title for senior master, superior to Renshi _____ 74. Highest Master, usually 10th Dan, only one in system _____
75. Head of style _____ 76. Sitting in the formal kneeling position, back straight, with palms of hands placed on upper thighs. _____
77. To close the eyes and clear the mind of all external thoughts, prepare to receive new knowledge. _____
78. Turn _____ 79. Command to line up for opening bow _____ 80. Command to line up for bow _____
81. Line up _____ 82. Start _____ 83. To stop immediately _____
84. Wait _____ 85. At ease _____ 86. Assume posture _____
90. Explosive yell that is used on completion of focus of technique _____
91. To contact opponent _____ 92. To pull back striking of kicking _____
93. Kicking leg _____ 94. The lifting of the leg for kicking position _____
95. Striking fist or hand, open or closed _____ 96. Blocking hand _____
97. Pulling hand, usually pulling to the side of the body _____
99. The distance between you and your opponent _____
100. Name the ten fundamental open hand kata of the Kwanmukan. _____

101. What is ippon kumite? _____
102. Explain maii _____
103. Atemi means. _____
104. What is zanshin? _____
105. What is ippon kumite? _____
106. What are two other names for the Tekki kata? _____
107. What are two other names for Heian kata? _____
108. What are the three style forms of the Kwanmukan called? _____

109. What does Chinto (Am Hoc) mean? _____
110. What does Batsai Dai signify? _____
111. What is the Principle of the Kata Batsai Dai? _____

112. What is the Principle of the Katà Jion? _____

113. Explain in short terms the basics of the Shotokan style _____

114. What is the Principle of the Kata Seinchin? _____

115. Okinawan karate was called _____
116. Draw the Kwanmukan symbol and explain it. _____
117. What was Prince Daruma's Chinese name? _____
118. Bodhidharma came to China from _____ in _____
119. The eighteen forms of Daruma were called _____
120. In Okinawa, during the Motobu Era, katas Na Han Chi were performed with what hand form?

121. What forms were known as Motobu 's kata? _____
122. The Taikyoku exercises were formed by _____
123. The Heian kata were formed by _____
124. The five basic principles taught in karate are: _____
1 _____
2 _____
3 _____
4 _____
5 _____
125. What are the five basic principles in Judo? _____
1 _____
2 _____
3 _____
4 _____
5 _____
126. What are the forty-hands as taught by Master Anderson? _____

127. What does the term Kenka mean? _____

128. What is Karatedo, where did it come from- outline geographical movement _____

129. What are the three conflicts of the Sanchin kata? _____
1 _____
2 _____

130. Why is karate structured in a military manner _____

131. What is the meaning of the term amateur _____

132. What courtesies should be shown and instructor when entering the dojo _____

133. What is zen and how is it related to the martial arts _____

134. What does the term Martial Arts mean _____

135. _____ predominated in Northern China which migrate to Okinawa at
_____ predominated in Southern China which migrate to Okinawa at

136. What is the exact meaning of Taekwondo? _____

137. What is a kwan of Korean taekwondo? _____

138. Name at least three kwans. _____

139. Write the Chinese character for:
1. Mu _____ 2. Rice _____

140. The four martial arts originating in Japan were: 1 _____

2 _____
3 _____
4 _____

141. Sakagawa's nickname was _____ which meant _____

143. Jigoro Kano founded the _____

144. Name at least three men who attained the 10th (Judan) grade in karate. _____

1 _____
2 _____
3 _____

145. What grade did Funakoshi hold in karate? _____

146. What is the Koan of Kwan Mu first effort? _____

146. Grandmaster Trias' senior student is _____

148. The long staff is called a _____ the middle staff is called a _____ the short
stick is called a _____.

149. In WUKO competition, the word for start is _____ and the word for stop is _____

150. The formula for mass is.....
151. In the Ten Precepts there is found: I resolve not to.....
but to exercise.....
152. The Universal, Truth, Buddhist Doctrine, Teachings of the Buddha is called.....
153. The community of those who follow the Dharma is called.....
154. From the Ten Precepts, complete the following: I resolve not to withhold.....
or....., but to.....
155. The Buddha was correctly called.....
156. What style did Funakoshi Ginchin formulate?.....
157. The four fundamental elements of karate are:.....
1.....
2.....
3.....
4.....
158. Force equals Mass times what.....
159. Every art encompasses five facets:.....
1.....
2.....
3.....
4.....
5.....
160. Time has three facets of involvement: 1.....
2.....
3.....
161. Write the meaning of the Kwanmukan formal kata opening.....
.....
162. Write the koan of Kwan Mu second effort.....
.....
163. The Japanese words for Dan grades are:.....
.....
164. What is the meaning of Heian?.....
165. Name five deficiencies that impede calcium absorption. 1..... 2.....
3..... 4..... 5.....
166. What are the three elements of the dance? 1.....
2..... 3.....
167. In cases of severe bruises, what should be done for treatment?.....
.....
168. Name three dangerous strike points.....
.....
169. What trauma may result as a consequence of injury to the vagus nerve?.....