

Name \_\_\_\_\_

Present Dan Grade \_\_\_\_\_

Test Score \_\_\_\_\_

1. Who is the Director of the United States Karate Assn.? \_\_\_\_\_
2. What grade does he hold in Judo \_\_\_\_\_, Karate \_\_\_\_\_, European Karate \_\_\_\_\_, Isshinryu \_\_\_\_\_, Taekwondo \_\_\_\_\_, Yawara \_\_\_\_\_?
3. What grade does Master Anderson hold in USKA \_\_\_\_\_, Ryokukai Interantional \_\_\_\_\_; Central Taekwondo Assn. \_\_\_\_\_, United States Judo Assn. \_\_\_\_\_, Kwanmukan \_\_\_\_\_, All American Karatedo Federation \_\_\_\_\_, Chinese wu Shu \_\_\_\_\_?
4. What is the complete name and correst spelling for the style synthesized and standardized by Master Anderson? \_\_\_\_\_
5. This style is more commonly known as \_\_\_\_\_.
6. What does KWAN MU mean? \_\_\_\_\_
7. Who is the International Chairman for the Ryokukai Interantional? \_\_\_\_\_
8. Master Anderson's principlè teacher was \_\_\_\_\_ and his secondary Taekwondo teacher was \_\_\_\_\_.
9. The Chairman of the All-American Karatedo Federation is \_\_\_\_\_, \_\_\_\_\_ Dan.
10. What grade in Taekwondo does Master Kim hold? \_\_\_\_\_
11. Who was Master IJ Kim's teacher? \_\_\_\_\_
12. Name the Kwanmukan 5 th Dans directly assisting under Master Anderson.  
\_\_\_\_\_
13. Name the active Kwanmukan 3 d Dans. \_\_\_\_\_
14. Who is the Director of the Woman's Anti-Assault Program ( WAAP) of the CTA?  
\_\_\_\_\_
15. To date, how many certificates have been issued by the organization presided over by Master Anderson?
 

1 st Dan	_____	4 th Dan	_____
2 nd Dan	_____	5 th Dan	_____
3 d Dan	_____	6 th Dan	_____
		7 th Dan	_____
- 16.. The 4 original Directors of the Central Taekwondo Assoc. were 1 \_\_\_\_\_  
2 \_\_\_\_\_ 3 \_\_\_\_\_ -4 \_\_\_\_\_.
17. The current Chairman of the Board is \_\_\_\_\_ and the President is \_\_\_\_\_.
18. What positions does Master Anderson currently hold in the AAU and related organizations?  
1 \_\_\_\_\_ 2 \_\_\_\_\_  
3 \_\_\_\_\_ 4 \_\_\_\_\_  
5 \_\_\_\_\_ 6 \_\_\_\_\_  
7 \_\_\_\_\_

41. What are the 3 conflicts of the SANCHIN kata? 1 \_\_\_\_\_  
 2 \_\_\_\_\_ 3 \_\_\_\_\_
42. What does Pal Sec Da signify? \_\_\_\_\_
43. What forms were known as Motubu's kata? \_\_\_\_\_
44. Name the 10 fundamental open hand kata of the Kwanmukan.  
 1. \_\_\_\_\_ 6 \_\_\_\_\_  
 2. \_\_\_\_\_ 7 \_\_\_\_\_  
 3. \_\_\_\_\_ 8 \_\_\_\_\_  
 4. \_\_\_\_\_ 9 \_\_\_\_\_  
 5. \_\_\_\_\_ 10 \_\_\_\_\_
45. What student of Master Anderson's was the National Senior Men's Kumite Champion in 1976 for the AAU? \_\_\_\_\_
46. Name the AAU All-Americans that the Kwanmukan has produced. 1 \_\_\_\_\_  
 2 \_\_\_\_\_ 3 \_\_\_\_\_
47. What KMK Black Belt fought in the World Games 1, placing 7 th? \_\_\_\_\_
48. Master Anderson was born in \_\_\_\_\_ (City) \_\_\_\_\_ ( year).
49. What is the KOAN of KWAN MU, 1st EFFORT ? \_\_\_\_\_  
 \_\_\_\_\_
50. Okinawan karate was called \_\_\_\_\_.
51. The 4 martial arts originating in Japan were \_\_\_\_\_ 2 \_\_\_\_\_  
 3 \_\_\_\_\_ 4 \_\_\_\_\_
52. Sakagawa's nickname was \_\_\_\_\_ which meant \_\_\_\_\_.
53. Atemi means \_\_\_\_\_.
54. Who was the founder of JUDO ? \_\_\_\_\_
55. Explain MAIL. \_\_\_\_\_
56. What is ZANSHIN? \_\_\_\_\_
57. Write the chinese charater for MU \_\_\_\_\_, rice \_\_\_\_\_.
58. Grandmaster Trias' senior student is \_\_\_\_\_.
59. The long staff is called a \_\_\_\_\_, the middle staff is a \_\_\_\_\_,  
 and the short stick is a \_\_\_\_\_.
60. In WUKO competition the word for start is \_\_\_\_\_ and the word for stop  
 is \_\_\_\_\_.
61. Mass is \_\_\_\_\_
62. Kiai means \_\_\_\_\_
63. Jigoro Kano founded the \_\_\_\_\_

64. Name at least three men who attained the Judan grade in karate.  
 \_\_\_\_\_
65. What grade did Funakoshi hold in karate? \_\_\_\_\_
66. What is the exact meaning of TAEKWONDO? \_\_\_\_\_
67. What is a KWAN of Korean Taekwondo? \_\_\_\_\_
68. Name at least 3 kwans. \_\_\_\_\_
69. In the Ten Precepts there is found - I resolve not to \_\_\_\_\_  
 but to excersize \_\_\_\_\_.
70. The Universal Law, Truth, Buddhist Doctrine, Teachings of the Buddha is called  
 \_\_\_\_\_.
71. The community of those who follow the Dharmas is called \_\_\_\_\_.
72. From the Ten Precepts complete the following- I resolve not to withhold \_\_\_\_\_  
 or \_\_\_\_\_ but to give in \_\_\_\_\_.
73. The Buddha was correctly called \_\_\_\_\_.
74. What style did Fknakoshi Ginchin formulate \_\_\_\_\_.
75. The 4 elements of Karate are 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_
76. Force equals mass x \_\_\_\_\_
77. Every art encompasses 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_.
78. Time has 3 facets of involvement, 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_.
79. Write the meaning of the Kwanmukan formal kata opening.  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
80. Write the ordering of the Kwanmukan workout plan as found in the manual.  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
81. Write the koan of Kwan Mu , Second Effort .  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
82. The first All-Japan Karatedo Championship Tournament was held in  
 Tokyo in \_\_\_\_\_
83. The Japanese words for Dan grade are; 1st \_\_\_\_\_ 2nd \_\_\_\_\_ 3d \_\_\_\_\_  
 4th \_\_\_\_\_ 5th \_\_\_\_\_ 6th \_\_\_\_\_ 7 th \_\_\_\_\_ 8th \_\_\_\_\_  
 9th \_\_\_\_\_ 10th \_\_\_\_\_
84. What is the meaning of HEIAN? \_\_\_\_\_

85. Name 5 deficiencies that impede calcium absorption. 1 \_\_\_\_\_  
2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_
86. What are the three elements of the dance? 1 \_\_\_\_\_  
2 \_\_\_\_\_ 3 \_\_\_\_\_
87. In cases of severe bruises, what should be done for treatment?  
\_\_\_\_\_
88. Name three dangerous strike points. 1 \_\_\_\_\_  
2 \_\_\_\_\_ 3 \_\_\_\_\_
89. What trauma may result as a consequence of injury to the vagus nerve?  
\_\_\_\_\_