

International Shorin Ryu Karate Kobudo Federation

Karate Instructor - Certification Examination

Name: _____

Date: _____

Instructions: Circle the correct multiple choice answer or circle the correct true or false answer. This test is an open book test and you may use the following sources: ***The Bubishi, Okinawa Island of Karate***, and ***The International Shorin Ryu Karate Kobudo Federation Training Manual***. The passing grade for this examination is 90% of the total questions answered correctly.

History:

1. The International Shorin Ryu Karate Kobudo Federation (ISKKF) is the world leader in organizing and presenting what art to the public?
 - A. Uechi Ryu karate
 - B. Goju Ryu
 - C. Shito Ryu
 - D. Shorin Ryu

2. The ISKKF offers instruction certification and gradings/rank testing in what martial arts?
 - A. Judo & Karate
 - B. Kyudo & Kobudo
 - C. Karate & Kobudo
 - D. Aikido & Kendo

3. What is the oldest & most traditional style of karate?
 - A. Goju Ryu
 - B. Naha Te
 - C. Shotokan
 - D. Shorin Ryu

4. Who handed down the kata used in traditional shorin Ryu karate today?
 - A. Chojun Miyagi
 - B. Kenwa Mabuni
 - C. Sokon Matsumura
 - D. Gichen Funakoshi

5. In 520 A.D. a monk traveled from India to China to spread Buddhism and ultimately martial arts. His name was?
 - A. Bodhidharma
 - B. Hue Nieng
 - C. Matsumura
 - D. Sakugawa

6. Okinawan karate is a synthesis of an indigenous fighting art known as Okinawan-Te and what other art?
 - A. Shaolin kenpo
 - B. Shotokan
 - C. Tae kwon do
 - D. Wado Ryu

7. In 1429, King Sho Hashi of Okinawa did something that played a crucial role in Okinawan history, what was it?
 - A. Introduced karate into the public school system.
 - B. United the Three Kingdoms of Okinawa.
 - C. Increased commercial trade by building ships.
 - D. Standardized the kata.

8. King Sho Shin in 1480 did what to insure the safety of the Sho Dynasty?
 - A. Prohibited the private ownership & use of arms.
 - B. Made health examinations for all public officials mandatory.
 - C. Made the practice of martial arts open & legal for anyone to engage in.
 - D. Erected a new sports pavilion.

9. Lord Shimazu of Southern Japan was famous for what in 1609?
 - A. Conquered all of the Ryukyu Islands and banned martial arts.
 - B. Negotiated a peace treaty between Okinawa & mainland Japan.
 - C. Proclaimed the eleven distinctions of the age.
 - D. Taught only people of good moral character.

10. About 1900, what Okinawan karate master lifted karate's veil of secrecy by giving public demonstrations of the art and included it in the physical education programs of Okinawan schools.
- A. Anko Itosu
 - B. Sokon Matsumura
 - C. Sakugawa
 - D. Gichen Funakoshi
11. When was Okinawan karate first introduced to Japan proper?
- A. In 1532
 - B. In 1917
 - C. In 1922
 - D. In 1936
12. What religious philosophies influenced Okinawan martial arts the most?
- A. Taoism & Buddhism
 - B. Judaism & Sikism
 - C. Hinduism & Buddhism
 - D. Shintoism & Judaism
13. Who was the organizer and founder of shorin Ryu karate?
- A. Sokon Matsumura
 - B. Gichen Funakoshi
 - C. Chojun Miyagi
 - D. Anko Itosu
14. The eight poems of the fist appear in what classical martial arts text?
- A. The Analects
 - B. Okinawa Island of Karate
 - C. The Bubishi, Martial Art Spirit
 - D. Tao Te Ching
15. Sokon Matsumura is noted as saying in his last letter dated May 13, 1882:
- A. Karate is better than kung fu.
 - B. Some styles are better than others.
 - C. A style is only as good as the man who practices it.
 - D. All styles are the same.

16. All students must Rei to the Kamidana (shrine) upon entering the dojo.
- A. True
 - B. False
17. Impact conditioning relates to seeing how much punishment your body can absorb.
- A. True
 - B. False
18. Weight training is a good way to increase your strength and put more power in techniques.
- A. True
 - B. False
19. Koteaite refers to the ancient Okinawan method of body hardening.
- A. True
 - B. False
20. Cardiovascular conditioning & aerobic training are one and the same.
- A. True
 - B. False
21. The Dojo Kun is said to contain Karate's philosophy of Character, Sincerity, Effort, Etiquette, & Self-Control.
- A. True
 - B. False
22. In order for cardiovascular training to be effective, one's heart rate must be elevated to the desired rate for at least 10 minutes.
- A. True
 - B. False
23. The benefits of flexibility training include increasing the range of motion for a given technique.
- A. True
 - B. False

24. Flexibility & warm up exercises should only be done at the beginning of a workout.
- A. True
 - B. False
25. Breathing is an integral part of ki training.
- A. True
 - B. False
26. The use of the Makiwara is relatively new to karate.
- A. True
 - B. False
27. In a power training workout it is recommended that the amount of weight used is just heavy enough to allow you to complete 24 repetitions in each set.
- A. True
 - B. False
28. Nutrients derived from food are the substances necessary for the maintenance of the normal functioning of organisms.
- A. True
 - B. False
29. Proper hydration is important to the martial artist. One should drink what quantity of water per day.
- A. one liter (33 oz.)
 - B. one gallon
 - C. About 8 oz.
 - D. Two 8 oz. glasses
30. The source of energy that gets into your bloodstream and works the fastest is?
- A. Proteins
 - B. Carbohydrates
 - C. Starches
 - D. Sugar

31. A vital point is a specific point on the human body that when struck or when pressure is applied to will cause pain, produce an injury, a knockout or even cause death.
- A. True
 - B. False
32. The classic martial arts text, "*The Bubishi*", tells us there are how many major martial arts vital points?
- A. About 108
 - B. About 36
 - C. About 7
 - D. About 13
 - E. None of the above.
33. What three major organs are only partially protected by the rib cage and can be struck directly?
- A. Kidneys, liver & heart
 - B. Kidneys, lungs, & heart
 - C. Kidneys, spleen & heart
 - D. Kidneys, pancreas, & heart
34. Kyusho Jutsu refers to a special type of austere and hard karate training.
- A. True
 - B. False
35. Dim Mak or death touch is roughly the same thing as Kyusho Jutsu.
- A. True
 - B. False
36. What are the two types of Kyusho Jutsu points?
- A. Artery & nerve points
 - B. Knockout & nerve points.
 - C. Death & knockout points.
 - D. Ikken Hisatsu & knockout points.

37. Striking or applying pressure to an artery located in the neck or temple can cause immediate death.
- A. True
 - B. False
38. The two types of Dim Mak points are called?
- A. Dim Hsueh (blood gate) & Dim Ching (nerve plexus)
 - B. Dim Sum (vital energy) & Dim Hsueh (knockout)
 - C. Dim Mak (death touch) & Dim Ching (knockout)
 - D. Dim Hsueh (nerve plexus) & Dim Ching (blood gate)
39. With respect to ki (chi in Chinese) and Kyusho Jutsu or vital point striking, the Chinese theory of acupuncture is based on the flow of vital energy. This vital energy flows along how many meridians in the body?
- A. About 12
 - B. About 14
 - C. About 26
 - D. About 36
40. How many meridians are bilateral, i.e. located on both sides of the body?
- A. About 14
 - B. About 12
 - C. About 36
 - D. About 26
41. Chi flows from one meridian to the next every _____ hours?
- A. Exactly 2
 - B. Exactly 6
 - C. About 12
 - D. Exactly 8
42. The most controversial aspect of Kyusho Jutsu or Dim Mak is the delayed death touch. The result of this technique is to cause death on a time delayed schedule based on the theory that certain vital points have a higher sensitivity at certain times of the day.
- A. True
 - B. False

43. The delayed death touch is based on blood gate (artery) attacks and not nerve plexus attacks?
- A. True
B. False
44. Will knowing Kyusho Jutsu or vital point striking and Dim Mak, the death touch, guarantee invincibility in combat?
- A. True
B. False
45. Fighting strategy can be thought of as a plan used when engaging an enemy and consists of the alternate use of offense & defense.
- A. True
B. False
46. The Japanese martial arts characterize attacks as Go No Sen (offensive strategy) and counterattacks as Sen No Sen (defensive strategy).
- A. True
B. False
47. A karate master can use pure defensive strategy alone to defeat an opponent.
- A. True
B. False
48. Offensive strategy incorporates the element of surprise by taking the initiative and closing in on the opponent before he can launch an attack of his own.
- A. True
B. False
49. Two of the most important East Asian books on fighting strategy are; “The Go Rin No Sho,” (The Book of Five Rings) by Miyamoto Musashi, and Sun Tsu, “The Art of War.”
- A. True
B. False

50. The strategy of individual combat (hand to hand) and that of warring armies is one and the same.
- A. True
 - B. False
51. From the most simplistic point of view, offense is the most effective fighting strategy.
- A. True
 - B. False
52. An opening occurs when your opponent begins his attack.
- A. True
 - B. False
53. An important tactical element of Shorin Ryu Karate is Taisabaki.
- A. True
 - B. False
54. What is the favored, “most classical,” fighting strategy in the martial arts?
- A. Sen No Sen
 - B. Go No Sen
 - C. Karate ni sente nashi
 - D. Dim Sum
55. The reality of combat dictates that there is a time to attack and a time to defend depending on the situation.
- A. True
 - B. False
56. When it comes to kumite who is the most dangerous person in your dojo?
- A. Your instructor
 - B. A white belt
 - C. A brown belt
 - D. A black belt

57. When it comes to kumite who is the second most dangerous person in the dojo?
- A. Your instructor
 - B. A white belt
 - C. A brown belt
 - D. A black belt
58. When is the best time to attack your opponent?
- A. When there is no opening
 - B. After you both bow
 - C. As he changes postures (Yu no Sen)
 - D. when he enters the dojo
59. When there is no opening it is not wise to use a feint to create one.
- A. True
 - B. False
60. Taking advantage of the natural shift in the tide of battle means.
- A. Attacking when there is no opening.
 - B. Continuously attacking your opponent.
 - C. Attacking when your opponent attacks.
 - D. After your opponent stops attacking.
61. A mental opening (a weakness in your opponent's defense) can occur when
- A. The opponent's mind wanders.
 - B. When the opponent Kiai's too loudly.
 - C. Just after kata practice.
 - D. According to the, "*The Bubishi*," after 4:00 p.m. Eastern Standard or Daylight Saving
62. An important tactical element in kumite is.
- A. Kihon Renshu
 - B. Kata Renshu
 - C. Junbi undo
 - D. Taisabaki

63. Osu means?
- A. Let's get it on.
 - B. A greeting or acknowledgment.
 - C. Have a nice day
 - D. Line up for practice.
 - E. All of the above.
64. Ippon kumite means three step prearranged sparring.
- A. True
 - B. False
65. Yakusoku kumite is literally a two man sparring kata which incorporates blocking, punching, kicking, taisabaki, Kyusho Jutsu, joint locking, throwing and grappling.
- A. True
 - B. False
66. Jiyu ippon kumite is a drill in which the attacker can only throw one prearranged technique to a predetermined target area and is especially helpful to advanced students.
- A. True
 - B. False
67. Jiyu kumite is a method of sparring in which no prearranged attack or defense is designated.
- A. True
 - B. False
68. Sanbon kumite is a three step sparring drill in which there are no prearranged attacks.
- A. True
 - B. False
69. Happon no sabaki refers to the eightfold path in Zen Buddhism
- A. True
 - B. False

70. “Shutting down the opponent,” is an important kumite concept in Shorin Ryu Karate. It uses taisabaki to displace oneself outside the opponent’s power zone and uses sen no Sen most effectively.
- A. True
 - B. False
71. What is the primary training method used in Shorin Ryu Karate?
- A. Kata
 - B. Kumite
 - C. Self defense
 - D. Hojo undo
72. Bunkai is the practical or self defense applications of kata movements.
- A. True
 - B. False
73. Kata are the formal solo exercises of karate. They consist of a set of prearranged movements of attack and defense and are based on Okinawan dance known as odori.
- A. True
 - B. False
74. Most of the kata we have today in Shorin Ryu Karate are handed down from.
- A. Sokon Matsumura
 - B. Gichen Funakoshi
 - C. Chojun Miyagi
 - D. Bushi Matsumoto
75. What kata literally translates as, “Fighting while holding your ground”?
- A. Pinan
 - B. Naihanchi
 - C. Seisan
 - D. Passai dai.

76. The intermediate kata of Shorin Ryu include.
- A. Kihon, pinan and Naihanchi
 - B. Chinto, Gojushiho and Kusanku
 - C. Passai sho, Passai dai, and Seisan.
 - D. Hakutsuru & sanchin
77. The Kumemura Hakutsuru Kata is derived from.
- A. Hohan Soken
 - B. Kume village
 - C. Anko Itosu
 - D. China
78. It is not necessary to have a warm up period before every class.
- A. True
 - B. False
79. Starting a student with exceptional athletic ability early in kumite is not dangerous.
- A. True
 - B. False
80. From an exercise physiology standpoint the goals of Junbi undo are three fold. To increase blood flow and loosen muscles and joints, to increase flexibility and range of motion, muscle conditioning , strengthening and to build speed in techniques.
- A. True
 - B. False
81. Deep knee bends, frog jumps, and duck walking are great exercises to build power in the legs and are highly recommended by the ISKKF.
- A. True
 - B. False
82. In power training for karate, it is important to use the 3 set, 12 rep formula to determine the proper amount of weight to use.
- A. True
 - B. False

83. Self defense is mostly about learning effective techniques and how to use them and not awareness.
- A. True
 - B. False
84. The highest level in self defense is to escape from any situation or altercation uninjured.
- A. True
 - B. False
85. In most self defense situations, an untrained potential attacker's behavior is often predictable.
- A. True
 - B. False
86. When a potentially dangerous self defense situation is perceived and you are face to face with an assailant it is best to shift into Zenkutsu dachi stance, thus depriving your assailant of vital points.
- A. True
 - B. False
87. The originator of the white crane fist style(hakutsuru ken in Japanese) was:
- A. Kusanku
 - B. Fang Chi Liang
 - C. Master Wong
 - D. Ch'lu Yin
88. The techniques of go and Ju are basic tenets of Shorin Ryu Karate. They mean:
- A. Fast and slow
 - B. Hard and soft
 - C. Day and night
 - D. Man and woman

89. The statement, “If you want to conquer the east, then you must attack the west.” means:
- A. Feinting
 - B. You must go to San Francisco before going to Tokyo.
 - C. Attack one side then the other.
 - D. Block with one hand and attack with the other.
90. The style that is often been represented as being the counter to the white crane fist style is:
- A. Praying mantis kung fu
 - B. Drunken monkey
 - C. Wu Shu.
 - D. Black tiger.
91. The technique of “delayed death touch,” means that after long and arduous training, the proper light touch to another person will cause death after a certain period of time.
- A. True
 - B. False
92. What does tate empi uchi mean?
- A. Stamp kick
 - B. Vertical fist punch
 - C. Vertical elbow strike.
 - D. Gyaku Shuto Uchi
93. Kata can be considered as:
- A. Shadow boxing
 - B. A ritualized reenactment of former battles.
 - C. A dictionary of fighting techniques.
 - D. All of the above.
 - E. None of the above.

94. The implicit application of the Naihanchi kata is:
- A. Fighting on a rice paddy dike.
 - B. Fighting in a bar.
 - C. Fighting with your back to a wall.
 - D. None of the above.
 - E. All of the above
95. In self defense the superior strategy is:
- A. To close with and destroy your enemy.
 - B. To wait for an opening and attack and destroy your enemy.
 - C. To thwart your enemy's plan without coming into physical contact.
 - D. To break physical contact and escape from the enemy.
96. In traditional karate, a method of weight training was used utilizing "strength stones." The term for these in Japanese is:
- A. Cho uke
 - B. Chi Ishi
 - C. Ai hanmi
 - D. Chiburi
97. What is Makiage gu?
- A. Crane style wrist block
 - B. Equipment for wrist strengthening
 - C. Formal breath in kata
 - D. Pressure point on forearm.
98. What is kaketebiki?
- A. Crane defensive move
 - B. Mess on bottom of sandals tracked into dojo.
 - C. Lever bar for conditioning
 - D. Middle knuckle block
99. When was the meaning of karate changed from "China hand" to "empty hand."
- A. 1629
 - B. 1922
 - C. 1936
 - D. 1904

100. The only kata in the Shorin Ryu system that has a kiai point on the left side is:
- A. Kusanku
 - B. Hakusuru ton
 - C. Nahanchi nidan
 - D. Sanshin
101. What is tate empi uchi:
- A. stamp kick
 - B. Vertical fist punch
 - C. Vertical elbow strike
 - D. Reverse knife strike
102. The Japanese term for backstance is:
- A. Renoji datchi
 - B. Kokutsu datchi
 - C. Pinan dachi
 - D. Shiko dachi
103. What type of block could you use if someone attempted to strike you over the head with a piece of pipe?
- A. Jodan uke
 - B. Juji uke
 - C. Shotei uke
 - D. All of the above
104. When did Shaolin kenpo arrive in the Ryukyu Islands?
- A. In the 16th Century
 - B. 1845
 - C. In the 14th Century
 - D. 1749
 - E. None of the above.
105. In 1917 an Okinawan man traveled to Kyoto to demonstrate Okinawan martial arts at the Butokuden. What was his name?
- A. Gichin Funakoshi
 - B. Sokon Matsumura
 - C. Yingshon Shi
 - D. Hohhan Soken

106. By the 19th century, Okinawan martial arts had separated into two major divisions.

These are:

- A. Tai kwon do and kung fu
- B. Shuri Te and Naha Te
- C. Shorin Ryu and Uechi Ryu
- D. Kobudo and jujitsu

107. It is a time honored tradition in karate to always wash your belt.

- A. True
- B. False

108. The kata required for go Kyu (5th Kyu) is:

- A. Pinan Yondan
- B. Pinan sandan
- C. Naihanchi nidan
- D. Seishin sho
- E. All of the above

109. What technique applied to an assailant's chin is one of shorin Ryu's most effective countermeasures?

- A. Empi Uchi
- B. Shotei Uchi
- C. Haito Uchi
- D. Shuto Uchi

110. When in the neko ashi dachi what percentage of your weight is on the rear foot?

- A. 50%
- B. 70%
- C. 10%
- D. 90%

111. The term "Bushido" means:

- A. The warrior class of Japan
- B. The way of the warrior.
- C. Martial arts.
- D. The way of weapons.

112. China introduced two major philosophical systems into Okinawa, Buddhism and Zen.

True or False

113. By the 19th century Okinawan martial arts eventually separated into two major divisions, what are they?

- A. Tomari-te; Shuri-te
- B. Naha-te; Tomari-te
- C. Shuri-te; Naha-te
- D. Okinawan kenpo; Tomari-te

114. The earliest Shuri-te practitioner was?

- A. Tode Sakugawa
- B. Shinjo Choken
- C. Sokon Matsumura
- D. Kenwa Mabuni

115. In the late 1600's many Okinawans overcame Japanese Samurai using kobujutsu and open hand tactics.

True or False

116. In Karate-do, "do" is a word meaning "way" what principle is this from?

- A. Zen
- B. Taoism
- C. Buddhism
- D. Shinto

117. To be an ISKKF instructor you must be a Shodan or higher.

True or False

118. Kata is the heart of all Japanese martial arts. Kata is used as the primary training methodology in karate. What is Kata?

- A. Old village folk dancers
- B. Ideas for future battles
- C. Reenactment of former battles
- D. A dictionary of the style.

119. In February of 1609, what clan launched an expedition against Okinawa, from Japan, with a force of three hundred samurai, aboard one hundred junks?
- A. King Sho Nei
 - B. Wako
 - C. Satsuma
 - D. Shimazu
120. The name Ryu Kyu is of Chinese derivation, the word Ryu and Kyu mean what?
- A. Ryu meaning family; Kyu meaning island
 - B. Ryu meaning flow; Kyu meaning seek
 - C. Ryu meaning island; Kyu meaning chain
 - D. Ryu meaning large; Kyu meaning island
121. Kumite should be practiced by all students, at all levels, regardless of who is in the Dojo.
- A. True
 - B. False
122. How many different front stances are there?
- A. One
 - B. Two
 - C. Three
 - D. Four
123. Ippon kumite is:
- A. One step prearranged sparring.
 - B. Free style sparring
 - C. Point fighting karate
 - D. A sudden death (overtime) match.
124. How many official empty hand kata are there in the ISKKF syllabus?
- A. 18
 - B. 25
 - C. 26
 - D. 16

125. Kihon Renshu and dachi Renshu are:

- A. Basic training and stance training drills respectively
- B. Stance training and basic training drills respectively.
- C. Basic kata used by the ISKKF
- D. Two levels of kata training.

* BONUS QUESTION *

Explain the relationship between karma, fate, destiny and joss.