



Est. 1985

Goju-Ryu Karate-Do Ho-Ei Juku

Affiliated to;
Zen Nihon Sogo Budo Renmei – Nihon Seibukan Dojo of Kyoto



20 Question Karate Quiz and Summer Challenge

Try to complete as many of these 20 questions as you can, complete the table each time you practice Karate during the summer holiday. Don't worry if you can't fill it all in. Do your best. Please tick only one box per question.

☺ Please write your name here;..... ☺

1; Which of these are in the right order for upper, middle, lower level?

- A) Jodan, gedan, chudan
- B) Chudan, gedan, jodan
- C) Jodan, chudan, gedan
- D) Gedan, jodan, chudan

2; Which term means front kick?

- a) Yoko geri
- b) Mae geri
- c) Ushiro geri
- d) Mawashi geri

3; Put the coloured belts in the right order.

- a) White, yellow, orange, blue, green, brown, black
- b) White, orange, yellow, green, blue, brown, black
- c) Black, brown, blue, orange, green, yellow, white
- d) White, yellow, orange, green, blue, brown, black

4; What does Karate mean?

- a) Self-defence
- b) Bare feet
- c) Punch & kick
- d) Empty hand

5; How long should Zenkutsu-dachi be?

- a) 1 foot long
- b) 2 feet long
- c) 3 feet long
- d) 4 feet long

6, What is the meaning of 'Goju-Ryu'?

- a) Go = go, Ju = Judo and Ryu = school
- b) Go = hard, Ju = soft and Ryu = school
- c) Go is a town in Okinawa
- d) The style is names after Goju Miyagi, who founded it

7, What is a 'Chishi'?

- a) A stone lever weight
- b) A striking post
- c) A gripping jar
- d) A ceremonial teapot

8, What is the meaning of 'Gekisai Dai Ichi'?

- a) 3 battles
- b) 36 hands
- c) attack and smash – number one
- d) kick and punch – number one

9, What is the Japanese term for the toughening exercises we do?

- a) Ude tanden
- b) Ude barai
- c) Uke sambon
- d) Ude-gi

10, When did Goju-Ryu receive its name?

- a) The 1880s
- b) The 1920s
- c) The 1930s
- d) The 1940s

11, What was the original name of Goju-Ryu Karate?

- a) Shuri-te
- b) Naha-te
- c) Tomari-te
- d) Ryukyu-te

12, Where is Okinawa?

- a) A coastal port town in China
- b) A town in the north of Japan
- c) An island in Tokyo Bay
- d) An island between China and Japan

13, Okinawan Karate has been influenced mainly by Arts from where?

- a) Japan
- b) India
- c) Korea
- d) China

14, Who is the founder of Goju-Ryu?

- a) Kanryo Higashionna Sensei
- b) Gichin Funakoshi Sensei
- c) Chojun Miyagi Sensei
- d) Morio Higaonna Sensei

15, Empty-hand Arts developed in Okinawa because...

- a) Real weapons were banned
- b) Real weapons were expensive
- c) Karate techniques are better than real weapons
- d) Real weapons are dangerous!

16; Which of these is not one of our beginner Kata?

- a) Kihon Kata Jodan
- b) Kihon Kata Gedan
- c) Kihon Kata Shodan
- d) Kihon Kata Chudan

17; Which of these blocks is not in Kata Gekisai Dai Ichi?

- a) Mawashi Uke
- b) Chudan Uke
- c) Gedan Uke
- d) Jodan Uke

18; Which of these images is Chojun Miyagi Sensei?



Tick; a) b) c) d)

For a special prize, name the others and say what they are known for in Martial Arts?

Name..... Famous for.....
Name..... Famous for.....
Name..... Famous for.....

19; Which Japanese Organisation awarded Miyagi Sensei his Master's licence?

- a) Zen Nihon Karate-Do Renmei
- b) British Karate Association
- c) Dai Nippon Butoku Kai
- d) Okinawa Goju-ryu Karate-Do Kyokai

20; When we warm up and stretch, which order do we go in?

- a) Legs, body, arms, head
- b) Legs, head, arms, body
- c) Arms, body, legs, head
- d) Legs, arms, body, head

I realise that some of these questions are difficult, so I hope you have done your best.
With a little research, they can all be answered correctly. I hope you enjoyed doing that.

So now for the next task...

Please ask an adult to help with the following task.

Complete a training diary to show the exercise you have done. Show which days you have done some karate practice or other exercise during the holiday and for how long. You can also include running, swimming, cycling and other types of healthy exercise.

August						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Example; <i>Karate</i> <i>kata 15</i> <i>minutes</i> <i>Cycling</i> <i>30 mins</i>					

I promise I have done Karate training exercise for at least 20 minutes on the above days.


Signed;.....

The above is a true record of exercise done during the summer by (name).....

Signed; (parent/guardian).....

Date;.....

Finally, please draw a picture to show what you think of when considering Karate training and write a short paragraph to explain why you enjoy doing Karate practice.



I enjoy Karate training because

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Well done if you completed all the way through this summer challenge. Remember to bring it to your first training session in September to show Sensei...



Sensei Brian Hinchliffe