

2022

2023

ARIZONA WADO KARATE ASSOCIATION

WADO SHODAN WRITTEN TEST

GENERAL HISTORY (Short answer - use a separate sheet of paper for answers if needed)

1. Who founded the Wado style of karate? (first and last name)
2. Was the founder of Wado karate of Japanese or Okinawan descent?
3. Is Wado karate a Japanese or Okinawan style?
4. What is the name of the Okinawan karate teacher who the Wado founder first started training karate under and from whom he received a black belt in karate? (first and last name)
5. What does “WA” and “DO” mean from the word “WADO”?
6. Give at least one other meaning of the word “WA”.
7. The Kihon Kumite is unique to the Wado style. What makes these unique?
8. How many of the Wado Kihon Kumite are practiced today?

9. What do “KARA” and “TE” mean from the word “KARATE”?

10. Wado karate is considered a traditional karate style. What is meant by “traditional karate”?

11. What is the name of the other famous Okinawan karate man that heavily influenced the kata of the Wado founder? (first and last name) (Hint: founder of Shito ryu)

12. What does Noru, Nagasu, and Inasu mean?

13. What does Taisabaki mean?

TEIGI (DEFINITIONS)

(word matching)

- | | | |
|-----|--------------|-----------------------------|
| ___ | 1. Migi | A. Tournament |
| ___ | 2. Dan | B. Way of the warrior |
| ___ | 3. Kihon | C. Technique |
| ___ | 4. Ki | D. Art of |
| ___ | 5. Maai | E. White |
| ___ | 6. Kime | F. The gentle or soft art |
| ___ | 7. Hidari | G. Organization |
| ___ | 8. Zanshin | H. Foot or leg |
| ___ | 9. Kyu | I. Basic |
| ___ | 10. Aka | J. Fighting distance |
| ___ | 11. Shiai | K. Post for striking |
| ___ | 12. Shiro | L. Focus |
| ___ | 13. Shokyu | M. Energy or spirit of body |
| ___ | 14. Kai | N. Right |
| ___ | 15. Makiwara | O. Awareness |
| ___ | 16. Bushido | P. Fist |
| ___ | 17. Mushin | Q. Left |
| ___ | 18. Ashi | R. Application |
| ___ | 19. Jutsu | S. Level |
| ___ | 20. Atemi | T. Martial way |
| ___ | 21. Waza | U. Empty or no mind |
| ___ | 22. Bunkai | V. Striking at vital points |
| ___ | 23. Seiken | W. Red |
| ___ | 24. Budo | X. Short rest |
| ___ | 25. Jujutsu | Y. Grade |
| ___ | 26. Ao | Z. Blue |

GENERAL TERMINOLOGY

(translate the English word into Japanese or the Japanese word into English)

English:Japanese

1. stand up:
2. middle level:
3. sparring:
4. training place or hall:
5. ready stance:
6. head student:
7. karate uniform:
8. bow:
9. upper level:
10. turn:
11. teacher:
12. karate student:
13. yes:
14. mesmerizing yell:
15. thank you very much:

Japanese:English

16. obi:
17. gedan:
18. shomen:
19. seiza:
20. pinan:
21. hajime:
22. kiotsuke:
23. iie:
24. kata:
25. mokuso:
26. onigai shimasu:
27. embusen
28. yame:
29. do:
30. ryu:

KERI WAZA (KICKS)

English:Japanese

1. front kick:
2. side kick to front:
3. roundhouse kick:
4. jumping front kick:

Japanese:English

5. nidan geri:
6. hiza geri:
7. ushiro geri:
8. uramawashi geri:

UKE WAZA (BLOCKS)

English:Japanese

1. high block:
2. low block:
3. outward block:
4. inward block:
5. knifehand block:
6. cross arm block:

Japanese:English

7. kake uke:
8. haishu uke:
9. osae uke:
10. shotei uke:
11. sukui uke:
12. hiji uke:

TSUKI WAZA (PUNCHES)

1. gyakuzuki:
2. junzuki:
3. junzuki no tsukomi:

4. nagashizuki:
5. tobikomitsuki:
6. gyakuzuki no tsukomi:

UCHI WAZA (STRIKES)

- | | |
|-----------------------|------------------------|
| 1. Uraken: | 5. Shuto: |
| 2. Nukite: | 6. Nakadaka Ipponken: |
| 3. Haito: | 7. Teisho: |
| 4. Tettsui (Kentsui): | 8. Hitosashi Ipponken: |

KATA DEFINITIONS (Give at least one definition for each kata)

Kata are usually named after a person, place, thing, or the act of doing something.

1. Naihanchi:
2. Kushanku:
3. Seishan:
4. Chinto:

TACHI KATA (STANCES) Give the appropriate translation and then give a brief description of each stance (foot positions, distance between feet, weight distribution).

English:Japanese

1. Back stance: _____

2. High leaning lunge punch stance: _____

3. Attention stance: _____

4. Horse stance: _____

5. Half facing stance: _____

6. Side cat stance: _____

7. Lunge punch stance: _____

8. Reverse punch stance: _____

9. Chinto stance: _____

:

Japanese:English

10. Heisoku dachi: _____

11. Naihanchi dachi: _____

12. Tate seishan dachi: _____

13. Sagi ashi dachi: _____

14. Seishan dachi: _____

15. Gyakuzuki no tsukomi dachi: _____

16. Mai neko ashi dachi: _____

17. Kamae dachi: _____

18. Gyaku neko ashi dachi: _____