

Hickey Karate Center

Black Belt Examination Material & Study Guide



Part 11

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Table of Contents

Hickey Karate Center	1
Hickey Karate Center Teaching Requirements For Advanced Rank	3
Request for Karate Black Belt Testing	4
Hickey Karate Center Junior Black Belt Program Form	6
Kwanmuzendokai Application for Dan Registration	7
Central Taekwondo Association	8
Karate Promotional Assessment Form	10
Hickey Karate Center Black Belt Examination	12
SECTION ONE	12
SECTION TWO.....	16
Examination for Black Belt in Question Form	21
<i>Kwanmukan</i>	21
<i>George E Anderson</i>	21
<i>Patrick M Hickey and Pamela J Hickey</i>	22
<i>Kwanmukan</i>	23
<i>Karate</i>	23
<i>Kata</i>	24
<i>Kobudo and Weapons</i>	25
<i>Law Enforcement</i>	25
<i>World Union of Karatedo Organizations (now known as World Karate Federation.)</i>	25
<i>Pan American Union of Karate-do Associations (now known as Pan American Karate Organization)</i>	26
<i>The USA Karate Federation</i>	26
<i>United States Karate Association</i>	26
<i>AAU Karate/National AAU Karate Committee, Inc.</i>	27
<i>Taekwondo</i>	27
<i>Central Taekwondo Association</i>	28
<i>World Taekwondo Federation and Kukkiwon</i>	28
<i>Judo</i>	28
<i>United States Judo Association</i>	29
<i>International Jujitsu Federation</i>	29
<i>US Jujitsu Federation</i>	29

Hickey Karate Center Teaching Requirements For Advanced Rank

I understand that advance training at the Hickey Karate Center requires exercising responsibility for others, which may and often includes being put in charge of classes, learning how to teach what I know, and practicing leadership through teaching. This is part of my normal training, and whether supervised or not, is part of my rank requirement for advancing to the upper ranks. I understand that I am not an employee and that I am learning valuable skills by teaching. If I am not available to teach, then I may exercise my teaching and leadership responsibilities some other way by mutual agreement with my instructor.

Signed: _____

Date: _____

Witness: _____

Date: _____

Request for Karate Black Belt Testing

Karate: _____ JuJitsu: _____ Taekwondo: _____ Kobudo: _____

Name: _____

Current Rank: _____ Date of Last Promotion: _____

Address: _____

City: _____ State: _____ Zip: _____

E-Mail: _____

Phone: _____

Number of Classes Attended Since Last Test: _____

Number of Classes Attended in last 3 Months: _____

Karate:

List at least two special karate kata you will perform at the test

Write out your Kwan Bu you will be performing for this test below
Complete Ebo Form on next page if required for this rank.

JuJitsu

Complete Ebo Form on next page.

Taekwondo

List at least two special Taekwondo Hyung you will perform at the test: _____

Write out your Kwan Bu you will be performing for this test below

Kobudo

Please list the weapon and kata you will be performing at the test.

Write out your Kwan Bu you will be performing for this test below.

Describe Kwan Bu in order to be performed.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

*This form due in July for the January test and in January for the July Test.
Kwan Bu must be approved by a shihan or sensei instructor.*

Describe Each EBO (Self Defense) technique as you will perform each at the test.



*This form due in July for the January test and in January for the July Test.
Ebo must be approved by a shihan or sensei instructor.*

Hickey Karate Center Junior Black Belt Program Form

Students who attain black belt before age 14 are awarded Level One Junior Black Belts. At age 14 they need to present themselves at a Black Belt examination for formal recognition of reaching an adult Black Belt. However, Junior Black Belts may still upgrade their rank by achieving additional goals prior to age 14. Goal achievement results in accumulation of points. For each 100 points, or achievement of black belt in another style of martial arts, an additional level is added to the Junior Black Belt. You must attain rank in another martial art style as a condition to advancement to a higher level. The points awarded for that rank may be added to the points awarded for any other goal on the list. The list, which may be updated or changed by Shihan from time to time, lists goals for which points are awarded, and the point value of each:

<i>Goal</i>	<i>Points</i>	<i>Points Claimed</i>
Black belt in taekwondo, ju jitsu or kobudo	100	
Attain rank of equivalent to green belt or higher in one of the above additional martial arts styles	40	
Attain any rank above blue belt in two or more of the above martial arts styles	40	
Regular attendance at class for one year following receipt of Junior Black Belt	20	
Regular attendance at class for more than one year following receipt of black belt	15 each additional six months	
Regular attendance at Iaido class	10 points each six months	
Regular attendance at Demo team	10 points each six months	
Regular attendance at JuJitsu class	10 points each six months	
Attend Kwanmukan annual Symposium	10 points	
Competition in Tournaments	5 points for dojo event; 10 points all others	
Attend Sansen	5	
Two consecutive school grading periods in which a "B" or higher average is attained or where the net effect is that two grades were improved each grading period.	15	
Perform 60 random acts of kindness in 90 day period	15	
Assist teaching younger students a kata or one steps	2 points per class	
Learn and retain three new approved Kata	15	

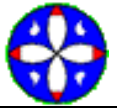
All point awards must be approved and noted by Shihan after attainment of Junior Black Belt. If a certification is held in another martial art, no points are granted until the next level is attained in that particular martial art. You are graded on what you do after you obtain your black belt level.

Name: _____ **Date:** _____



Kwanmuzendokai Application for Dan Registration

National Office: 1300 Kenmore Blvd, Akron, Ohio 44314, 330/753-3114 email: usakf@usakf.org



Rank certification level being applied for:.....Promotion Date Requested: ___/___/___

Personal:

Name:..... Birthdate: ___/___/___ email address:.....
 Address:..... Phone: ___/___/___ Sex:..... Age:.....
 City:..... State:..... Zip:.....
 Place of Employment:..... Occupation:.....
 Address:..... Superior:.....
 City:..... State:..... Zip:..... Phone: /.....

Education:

High School Diploma:..... A. ___ B.S. ___ M.A. ___ M.S. ___ Ph.D. ___ Other:.....
 Technical College:..... Professional Designation: Date: ___/___/___
 School where last degree was received:.....
 Date Received: ___/___/___ Address of School:.....

Karate Resume:

Age at Inception of Karate Training:..... Karate Training Began: Month _____ Year _____
 Present Karate Instructor:..... Place:.....
 Current Karate Rank:..... Date Received: ___/___/___ Style:.....

Karate History:

<u>Rank:</u>	<u>Date Received</u>	<u>Instructor</u>	<u>Style/Place</u>
1st Dan	___/___/___	_____	_____
2nd Dan	___/___/___	_____	_____
3rd Dan	___/___/___	_____	_____
4th Dan	___/___/___	_____	_____
5th Dan	___/___/___	_____	_____

Please List References:

Name:..... Address:.....
 Name:..... Address:.....
 Name:..... Address:.....

AUTHORIZING YUDANSHAKAI CERTIFICATION

As the requesting Yudanshakai, I do hereby request that the applicant be recognized at the dan rank of I also do hereby certify that the above named person is fully qualified to perform at the dan level herein requested and is available for physical review.

Signature:..... Date: ___/___/___

PERSONAL CERTIFICATION

Under penalty of expulsion from the Kwanmuzendokai, I hereby certify that the above facts are a true and accurate presentation of my karate history and background. I fully understand that I can be expelled and have any certification or recognition given to me withdrawn in the event of misrepresentation or fraud.

Signature:..... Date: ___/___/___



Central Taekwondo Association
1550 RITCHIE ROAD
STOW, OHIO 44224

Central Taekwondo Dan Registration Application

Black Belt Application for the rank of ____.

Date of Application ____/____/____

Check One ___ Promotion ___ Collateral Rank

Personal Data:

Name _____ Birth Date _____ Sex _____ Age _____

Address _____ City _____ State _____ Zip _____

Phone Number _____ Dojang/Club _____

Current Instructor _____ Style _____

Education _____ Degree Received _____ Date _____

Martial Arts History

Age at beginning of training _____ Present Age _____

Present Rank _____ Date Received _____ Who Authorized Rank _____

Present Instructor _____ Instructor's Rank _____

Instructors Address _____ Phone _____

Average Hours per week under Instructor _____

Previous Instructors and Schools (List All Names and Addresses):

Please list all places where you have previously taught (Include name and address of contact.)

List all certifications you may have - martial arts and otherwise. Include dates of all black belt promotions.

Participation Record

Seminars/Clinics: Location Date Instructor

Tournament Competition: Tournament Location Date Event Placing

Referee: Tournament Location Date Event

Organization Activity: Name Position(s)

PLEASE LIST THREE TAEKWONDO REFERENCES (NAME, ADDRESS, PHONE)

- 1. _____
 - 2. _____
 - 3. _____
-

Applicant's Affidavit

Under penalty of disciplinary action by the Central Taekwondo Association and of possible recall of any certification and/or certificates received and of possible dismissal from the membership of the Central Taekwondo Association along with relinquishment of any and all privileges that go along with the certification and/or certificates received, I acknowledge that all information contained herein is correct to the best of my ability and knowledge. I understand that misrepresentation and fraud are grounds for dismissal and withdrawal of any rank received.

Signed: _____ Date ___/___/___
APPLICANT SIGNATURE

TO BE COMPLETED BY INSTRUCTOR

I, _____, do hereby request that the person named on this application be given promotion/acceptance of the Dan Grade of ____ Degree Black Belt in the art of _____.

Signature _____ Date ___/___/___ (Rank certificate issued this date)
INSTRUCTOR SIGNATURE

PROMOTION FEE OF \$ _____ ENCLOSED

Karate Promotional Assessment Form

This remains with permanent records at the Hickey Karate Center and is referred to at each dan promotion.

Student Name: _____

Dojo: _____

Applying for Grade of: _____

Review Date: _____

Part I: Kihon

(5 = excellent skill, 1= requires substantial improvement)

Exercises	1 2 3 4 5	Stances	1 2 3 4 5
Blocking	1 2 3 4 5	Strikes and Punches	1 2 3 4 5
Kicking	1 2 3 4 5	Stamina	1 2 3 4 5
Breathing	1 2 3 4 5	Strength	1 2 3 4 5

Part II: Kata (Formal Exercise)

Rating Score (10 = excellent, 5/6 = acceptable, 1/2 needs serious work)

<u>Kata</u>											Comments:
Taikyoku	1	2	3	4	5	6	7	8	9	10	
Heian Shodan	1	2	3	4	5	6	7	8	9	10	
Heian Nidan	1	2	3	4	5	6	7	8	9	10	
Heian Sandan	1	2	3	4	5	6	7	8	9	10	
Heian Yondan	1	2	3	4	5	6	7	8	9	10	
Heian Godan	1	2	3	4	5	6	7	8	9	10	
Tekki	1	2	3	4	5	6	7	8	9	10	
Bassai Sho	1	2	3	4	5	6	7	8	9	10	
Jion	1	2	3	4	5	6	7	8	9	10	
Kanku Dai	1	2	3	4	5	6	7	8	9	10	
Bassai Dai	1	2	3	4	5	6	7	8	9	10	
_____	1	2	3	4	5	6	7	8	9	10	

Part III: Ippon Kumite (32 One-Step Fighting Sequences)

(5 = excellent skill, 1= requires substantial improvement)

Set 1: Linear Draws	1 2 3 4 5	Set 5: Direct Kick Defenses	1 2 3 4 5
Set 2: Oblique Forward Steps	1 2 3 4 5	Set 6: Double Jump Kicks	1 2 3 4 5
Set 3: Oblique Draw Steps	1 2 3 4 5	Set 7: Follow-up Jump Kicks	1 2 3 4 5
Set 4: Cross Steps	1 2 3 4 5	Set 8: Floor Defenses	1 2 3 4 5

For ippon kumite, mark criteria below which require the most improvement.

- | | | | |
|---|---|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Attitude | <input type="checkbox"/> Chukugan (gaze) | <input type="checkbox"/> Breathing | <input type="checkbox"/> Chambering |
| <input type="checkbox"/> Work as Uke | <input type="checkbox"/> Blocking technique | <input type="checkbox"/> Zanchin | <input type="checkbox"/> Speed |
| <input type="checkbox"/> Targeting accuracy | <input type="checkbox"/> Kicking technique | <input type="checkbox"/> Kiai | <input type="checkbox"/> Power |
| <input type="checkbox"/> Tai sabaki | <input type="checkbox"/> Punching technique | <input type="checkbox"/> Distancing | <input type="checkbox"/> Balance |

Demonstration of Higher Level Skills in Ippon Kumite Format

Semi-free Ippon Kumite	1 2 3 4 5	Direct Hand Counters	1 2 3 4 5
Hit-Move-Hit Combinations	1 2 3 4 5	Three-Step Sequences	1 2 3 4 5
Direct Kicking Counters	1 2 3 4 5	Take-Downs	1 2 3 4 5

Part IV: Kumite

(5 = excellent skill, 1= requires substantial improvement)

Variety of Techniques	1 2 3 4 5	Tai Sabaki	1 2 3 4 5
Targeting	1 2 3 4 5	Distancing	1 2 3 4 5
Footwork	1 2 3 4 5	Breathing	1 2 3 4 5
Timing	1 2 3 4 5	Vigor	1 2 3 4 5
Consideration of Opponent	1 2 3 4 5	Control	1 2 3 4 5
Stamina	1 2 3 4 5	Use of Kiai	1 2 3 4 5

Part V: Kihon Kata (Individual Style Forms)

Individualized Kihon Kata Sequences (5 = excellent, 1 = requires improvement)

<u>SHODAN CANDIDATE</u>	Description	Performance Rating
Number 1 _____		1 2 3 4 5
Number 2 _____		1 2 3 4 5
<u>NIDAN CANDIDATE</u>		
Number 3 _____		1 2 3 4 5
Number 4 _____		1 2 3 4 5
<u>SANDAN CANDIDATE</u>		
Number 5 _____		1 2 3 4 5
Number 6 _____		1 2 3 4 5
<u>YONDAN CANDIDATE</u>		
Number 7 _____		1 2 3 4 5
Number 8 _____		1 2 3 4 5

Part VI: Kwan Bop

Attempted Yes <input type="checkbox"/> No <input type="checkbox"/>	Completed Yes <input type="checkbox"/> No <input type="checkbox"/>
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Part VII: Kwon Kong Chang Kwan

Part 1	Attempted Yes <input type="checkbox"/> No <input type="checkbox"/>	Completed Yes <input type="checkbox"/> No <input type="checkbox"/>
Part 2	Attempted Yes <input type="checkbox"/> No <input type="checkbox"/>	Completed Yes <input type="checkbox"/> No <input type="checkbox"/>
Part 3	Attempted Yes <input type="checkbox"/> No <input type="checkbox"/>	Completed Yes <input type="checkbox"/> No <input type="checkbox"/>
Part 4	Attempted Yes <input type="checkbox"/> No <input type="checkbox"/>	Completed Yes <input type="checkbox"/> No <input type="checkbox"/>

Evaluators: _____

Evaluators may attach a written evaluation directed to the candidate's Sponsor.

Hickey Karate Center Black Belt Examination

SECTION ONE

1. What is the Value of Karate? (3 points)
2. What is Karate? (2 points)
3. Name three considerations in selecting a karate school. (1 point)
4. Explain the belt ranking system used in karate. (2 points)
5. What is a black belt. (1 point)
6. Describe the development of karate up to 1964. (3 points)
7. What is the World Karate Federation and what is its purpose? (2 points)
8. Describe how to start and end a karate class. (2 points)
9. Name and describe the two aspects of a karate stance. (1 point)
10. When do you use a low stance? (1 point)
11. When do you use a high stance? (1 point)

12. Name and describe the five natural body positions. (1 point)

13. What is a reverse punch? (1 point)

14. What is meant by concept “connections” and name the three major connections? (2 points)

15. How do you use the hips in karate? (1 point)

16. Explain the concept of “withdrawing hand.” (1 point)

17. Describe the two ways of stepping in karate. (1 point)

18. Name and describe the four breathing methods used in karate. (2 points)

19. What are the three uses of a kiai. (1 point)

20. Name four purposes of a block in karate. (2 points)

21. What are the four basic blocks? (1 point)

22. Explain how to use a block as an attack. (1 point)

23. Explain how to use an attack as a block. (1 point)

24. How do you fall forward? (1 point)

25. How do you fall backward? (1 point)

26. How do you fall sideways? (1 point)

27. Explain the concept of atemi. (1 point)

28. Explain how to make a fist. (1 point)

29. Explain what a nukite is. (1 point)

30. Name five punching variations. (1 point)

31. What the difference between a reverse and a straight punch? (2 point)

32. How do you do a lunge punch? (1 point)

33. Name and describe three strikes. (3 points)

34. What is the difference between a kick and a smash? (2 points)

35. What is the difference between a snap and a thrust kick. (2 points)

36. Why is retraction important in kicking? (1 point)

37. What is meant by chambering the kick. (1 point)

38. Describe the four basic kicks used in karate. (4 points)

39. How does a reverse crescent kick differ from a regular crescent kick? (1 point)

40. What are the six different ways to do an elbow strike? (1 point)

41. What is the difference between an upward and a roundhouse knee smash. (1 point)

42. Give five tips for stances. (5 points)

43. Give five tips for blocking. (5 points)

44. Give five tips for punching. (5 points)

45. Give five tips for striking (5 points)

46. Give five tips for kicking. (5 points)

47. Give five tips for smashes. (5 points)

48. Vocabulary (10 points)
49. Dojo
50. Dai Sempai
51. Sensei Ni Rei
52. Hajime
53. Yoi
54. Matte
55. Yame
56. Kiai
57. Hai
58. Kibadachi
59. Shuto
60. Kokutsu-dachi
61. Tsuki
62. Uchi
63. Uke
64. Gi
65. Obi
66. Ichi
67. Dan
68. Kyu

SECTION TWO

1. Explain what is meant by “There is no first attack in karate.” (1 point)
2. What is the difference between a strategy and a tactic? (1 point)
3. Describe the Fighting Guard. (1 point)
4. What are the three times when an opponent is vulnerable to a successful attack? (3 points)
5. Name three physical mistakes in fighting. (3 points)
6. Name three ways to make your opponent make a physical mistake. (3 points)

7. Name five mental mistakes in fighting. (5 points)
8. Describe five ways to make your opponent make a mental mistake. (5 points)
9. What four fighting zones do you need to consider during a fight. (1 points)
10. What is closure. (1 point)
11. Name three things you should consider when designing fighting tactics. (3 points)
12. What is the difference between kihon kumite and jiju kumite. (2 points)
13. Name the three ways to break balance (3 points)
14. Describe “sword and shield” type fighting. (1 point)
15. What are pattern attacks? (1 point)
16. Describe “Hit Move Hit.” (2 points)
17. Describe Kata. (1 point)
18. Name the six traditional weapons used in weapons kata. (1 point)

19. Describe the two types of kata movement. (2 points)

20. Name ten of the thirteen performance points in kata. (5 points)

21. List Gichen Funakoshi's three cardinal rules of kata. (3 points)

22. Describe zanshin. (1 point)

23. How is kata scored in competition. (1 point)

24. How is the winner determined in kata competition when there is a tie. (1 point)

25. Name eight situations when a kumite match can be stopped. (4 points)

26. What is the ten second rule. (1 point)

27. In what situations is a kumite match over? (3 points)

28. Describe kime. (1 point)

29. Name the 6 target areas in competition. (1 point)

30. Explain the ruling on a jogai. (1 point)

31. Describe the six criteria for ippon. (6 points)

32. Name the five technical exceptions to ippon in a kumite match. (5 points)

33. Explain the Control Penalty in a kumite match. (1 point)

34. Describe mubobi. (1 point)

35. Name the five circumstances for a disqualification. (5 points)

36. What are the initial seven factors a referee must consider when he sees a strike occur? (4 points)

37. When a strike lacks control in a kumite match, what five questions must a referee consider. (3 points)

38. Explain the concept of seasonal training (2 points)

39. Name the three common methods of stretching and describe. (3 points)

40. What is the difference between variable resistance training and free weight training. (1 points)

41. Compare and contrast the advantages of variable resistance training and free weight training. (2 points)

42. Describe plyometrics. (1 point)

43. Compare and contrast aerobic versus anaerobic training. (1 point)

44. Describe interval training. (1 point)

45. Describe circuit training. (1 point)

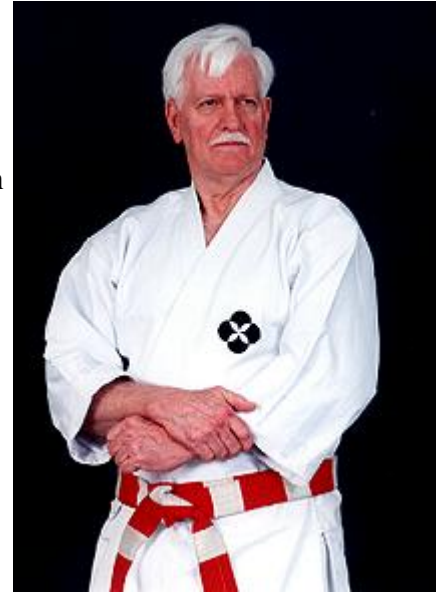
46. What is makiwara training. (1 point)

Examination for Black Belt in Question Form

Name: _____ Date: _____ Current Rank: _____

Kwanmukan

1. The Director of the Kwanmukan is _____.
2. George E Anderson's title in Japanese is _____
3. The complete name and correct spelling for the style Hanshi Anderson synthesized and standardized is _____.
4. George E Anderson's style is more commonly known as _____.
5. Senior Students of the Kwanmukan are _____, _____, and _____.
6. The number of black belt certificates that have been issued to date by the organization presided over by O-Sensei is _____.
7. The required ippon kumite is called the _____ of the Kwanmukan.
8. What four currently practicing black belts were black belts training under Hanshi Anderson at the time of the founding of the Kwanmukan _____
_____.
9. Active Kwanmukan Shihan are:



10. The Kwanmukan 's major law-enforcement Karate-ka are _____.
11. Karate All-Americans and international champions that the Kwanmukan has produced are _____
_____.
12. Lance Weimer fought in the _____, placing seventh.

George E Anderson

13. George E Anderson was born in _____, Ohio, _____, 1931.
14. He started martial arts training in _____.
15. He earned his black belt in the early 1960's under _____.
16. Ill Joo Kim was a student of _____, founder of the Kang Duk Won Korean Kwon-Bop Association.
17. Park Chull Hee was a student of _____, a Shihan of the Shudokan.
18. In the 1960's Kim Ill Joo changed his affiliation to the Song Moo Kwan (Korean Shotokan) whose founder was Ro Byung Jick. Ro Byung Jick was a direct student of _____.
19. In Taekwondo, George E Anderson had a close association with _____
_____.
20. At one time, George E Anderson was the _____ of the World Referee Council (and its chief referee), _____ of the Pan American Referee Council, _____ of the Pan American Union of Karatedo Organizations, and the _____ of the National AAU Karate Committee, the First _____ of the World Union _____ of the World Medical Commission and a _____ of the United States Olympic Committee.
21. O-Sensei Anderson was inducted into the Black Belt Hall of Fame in _____ as _____.

22. George E Anderson holds the following grades from the below organizations
 - a. _____ Dan Grandmaster Degree, Kwanmuzendokai International
 - b. _____ Dan Grandmaster Degree, Hanshi in Karate, United Nations Martial Arts Council
 - c. _____ Dan Grandmaster Degree, Chinese Martial Arts Sciences, World Martial Arts Council
 - d. _____ Dan Grandmaster Degree, Taekwondo, Korean Chang Moo Kwan Association
 - e. _____ Dan Grandmaster Degree, USA Karate Federation
 - f. _____ Dan Grandmaster Degree, Taekwondo, Korean Kang Duk Won Association
 - g. _____ Dan Grandmaster Degree, Korean Kido Federation by In Sun Soo.
 - h. _____ Dan Grandmaster Degree, Central Taekwondo Association of USA
 - i. _____ Dan Grandmaster Degree, United States Jujitsu Federation
 - j. _____ Dan Grandmaster Degree, Nippon Seibukan, Kyoto, Japan by Masafumi Suzuki
 - k. _____ Dan Grandmaster Degree, United States Karate Association
 - l. _____ Dan Grandmaster Degree, United States National Karate Association
 - m. _____ Dan Masters Degree, Kobudo, United States Karate Ka Kai, Kobudokan
 - n. _____ Dan Masters Degree, United States Judo Association
 - o. _____ Dan Masters Degree, World Union of Karatedo Organizations
 - p. _____ Dan Masters Degree, Pan American Union of Karatedo Organizations
23. George E Anderson has also been recognized as a 9th Dan by the Korean Government through the _____.
24. Appointed ranking Seibukan representative in the Unites States and Awarded Kyoshi-Shihan Grade from _____, 10th Dan, Kyoto, Japan.
25. Appointed ranking Kang Duk Won representative in the United States in _____.
26. He was the representative of Karate to the United States Olympic Committee from _____.
27. He was a member of the United States Olympic Committee Board of Directors from _____ and elected to the Executive Board of the USOC in _____.
28. Teams coached have won over _____ awards and trophies, Has certified over _____ officials in over _____ international clinics, trained and coached over _____ All-Americans and _____ Bushido Award winners and one United States Olympic Committee athlete of the year. Served as official of Chief official at over _____ tournaments in U. S. and Canada.
29. George E Anderson was awarded Philosphiae Doctor/ O - Sensei in Zen Chuan evolved San Chin related Ryus College of Yudansha, Combined Halls of Fame, title of Philosphiae Doctor/ O-Sensei in Zen Chuan evolved San Chin related Ryus College of Yudansha, combined Halls of Fame _____, Inducted into "Who's Who in Karate," _____, Inducted into the Soke, Head or World Families, Hall of Fame, _____, inducted into the USA Karate hall of fame in _____.

Patrick M Hickey and Pamela J Hickey

30. Patrick M Hickey and Pamela J Hickey both hold _____ Dan in the Kwanmukan.
31. Patrick M Hickey and Pamela J Hickey both hold _____ Dan Central Taekwondo Association.
32. Patrick M Hickey and Pamela J Hickey both _____ Dan Changmukan Masters Lever Instructor in the Art and Leadership of Taekwondo
33. Patrick M Hickey and Pamela J Hickey both _____ Dan in The USA Karate Federation.
34. Patrick M Hickey holds _____ Dan Kwanmukan Jujitsu.
35. Patrick M Hickey holds _____ Dan Kyoshi in the US Jujitsu Federation.
36. Patrick M Hickey holds _____ Dan Kubodo in the Kobudokan.
37. Patrick M Hickey holds a _____ Dan Taiho Jitsu Certification.
38. Pamela J Hickey holds a _____ Dan Taiho Jitsu Certification.
39. Patrick M Hickey earned _____ Kata and Kumite Referee certification.
40. Patrick M Hickey International Rokukai 5th Dan _____
41. Patrick M Hickey 6th Dan World Jujitsu Federation _____.
42. Pamela J Hickey received 5th Dan USKA _____

43. Patrick M Hickey holds PUKO 6th Dan _____
44. Pamela J Hickey holds PUKO 5th Dan _____
45. Patrick M Hickey hosted first Karate Junior Olympics _____
46. Patrick M Hickey holds WUKO 6th Dan _____
47. Pamela J Hickey holds WUKO 5th Dan _____
48. Patrick M Hickey became the President or the USA Karate Foundation in _____
49. Patrick M Hickey has been the chief referee and director for over ____national and international Karate championships.

Kwanmukan

50. The _____ is a multi-discipline martial arts organization.
51. Kwanmukan symbol and explanation are (see study guide.) _.
52. Kwan Mu means “_____”.
53. The Chinese character for kan (Kwan, Kuan) represents a gate or barrier to pass through. This was the reply to the koan: “Look my brothers, since the beginning of summer I have done a lot of talking. Look, have I any eyebrows left?” The answer given by Ummon was “_____”.
54. 102. The Chinese character for Mu represents a _____ and comes from the reply of to the Koan, “Does a dog have Buddha nature.”
55. 103. The symbol for Kan (Kwan) _ . The symbol for Mu _.
56. The three style forms of the Kwanmukan are called the _____.
57. The Koan of Kwan Mu first effort is “_____”.
58. The Kwanmukan formal kata opening means
“_____”

59. The koan of Kwan Mu second effort is
“_____”

60. The fundamental open hand kata of the Kwanmukan are

61. The forty-hands as taught by O-Sensei Anderson are the root hand forms which formed the base for _____ hand techniques.
62. Karate is structured in a military manner for _____.
63. Courtesies that should be shown and instructor when entering the dojo are to make a bow, say “Hello Sensei/Shihan”, and _____.
64. Write the Chinese character for: Mu Rice (find) Barrier
65. Sakagawa's nickname was Tote which meant _____.
66. In cases of severe bruises the best treatment rice – _____.
67. Three dangerous strike points are _____.
68. The most common result of trauma to the vagus nerve is _____.

Karate

69. The teachers of Hanshi Anderson back to

70. Okinawan Karate was called Tang Soo or Okinawa-te or To-te.
71. “To-te” means _____.
72. The meaning of Karate today is “_____”.
73. The original meaning of Karate was “_____”.

74. Karate officially went to Japan in _____ when _____ traveled there to put on a demonstration.
75. At the urging of _____, the meaning of Karate was changed.
76. The meaning of Karate was changed in the year _____ to “_____.”
77. Karatedo was believed to have evolved from Greece to India with Alexander the Great in form of _____ Boxing. From India to China with _____ (Bohdiharma). From Northern China to _____ in Okinawa, Southern Chinese to _____ in Okinawa. And by Gichen Funakoshi, an Okinawan, to _____.
78. Horses predominated in Northern China and the related Karate style migrated to Okinawa at _____.
79. Boats predominated in Southern China and the related Karate style migrated to Okinawa at _____.
80. Four martial arts originating in Japan were _____.
81. The First All - Japan Karatedo Championship Tournament was held in Tokyo in _____.
82. The five things taught in Karate are _____.
83. The Four Fundamentals of Karate Technique are _____ - vital stroke, _____ - simultaneous focus of mind, _____ and weapon, _____ - distancing, _____ which includes the concepts of remaining mind, extending the ki, utterly cutting down and impenetrable posture
84. The four major Japanese Karate Styles are _____

85. The major American styles are _____ - George E. Anderson, _____ - Donald R. Madden, _____ - Robert Trias
86. The style Funakoshi Gichin originated is now called _____. It is named after a training hall built for him by his students. The “_____” in Japan is the Japan Karate Association - JKA.
87. Funakoshi Gichin was not _____ and was not the _____ of the style.
88. Funakoshi held _____ dan in Karate.
89. The major system using the Funakoshi inheritance is called the _____.
90. The Taikyoku exercises were created by Funakoshi Gichin’s son Gigo Funakoshi.
91. The Heian kata were created by _____, a teacher of Gichen Funakoshi.
92. _____ includes remaining mind, extending your ki, impenetrable posture, utterly cutting down.
93. _____ is the mind of no mind.
94. Atemi is interpreted as _____.
95. The term Kenka means _____ (dirty street fighting).
96. In the term Martial Arts, martial refers to _____; art is the _____.
97. Ippon kumite is _____ sparring.
98. Sanbon Kumite is _____ sparring.
99. Gohan Kumite is _____ sparring.
100. Maai is interpreted as _____.
101. Mass is measure of the _____.
102. Force is the measure of _____.

Kata

103. Other names for the Tekki kata are _____
104. Heian means _____, and is taken from the name of an era in 11th century Japan.
105. Two other names for Heian kata are _____.
106. The Nihanchi forms were known as _____.
107. Chinto (Am Hoc, Gankaku) means _____.
108. Batsai Dai signifies to _____.
109. The Principle of the kata Batsai Dai is:

110. The Principle of the Kata Jion is:

111. The Principle of the kata Seienchin is:

112. The three conflicts of the Sanchin kata are _____.

113. Every art encompasses four facets: _____.

114. Time has three facets of involvement: _____.

115. The three elements of the dance are: _____.

Kobudo and Weapons

116. Kobudo consists mainly of _____.

117. The long staff is called a ____, the middle staff is called a ____, the short stick is called a _____.

118. Kendo is the martial art of Japanese fencing.

119. Iaido is the art of _____.

120. Jodo is the use of a _____.

121. Explain how to sit in seiza.

122. What is meant by Mokuso?

123. One-___; Two-___; Three-___; Four-___; Five-___; Six-___; Seven-___; Eight-___; Nine-___; Ten-___

124. The Japanese words for Dan grades are:

_____.

Law Enforcement

125. George E Anderson was an _____ Instructor from _____.

126. George E Anderson has been a member and advisor to a number of police training organizations such as the _____ among others.

127. George E Anderson was the technical director of a number of _____.

128. Patrick M Hickey and Pamela J Hickey both received _____ certification in 1977.

129. Patrick M Hickey was the _____ of the USKA PSDI from 1981-1984.

130. Patrick M Hickey created the _____.

World Union of Karatedo Organizations (now known as World Karate Federation.)

131. The Technical Director at the 1st World Cup in Budapest was Kwanmukan Director George E Anderson, presiding over the _____.

132. The Technical Director at the First World Collegiate Karate Championships in Kobe, Japan, was Kwanmukan Director _____.

133. The First World Technical Congress was held in _____, and was chaired by _____ . This congress Re-drafted rules as edited by _____ and were adopted unanimously by World Union of Karatedo Organizations Directing Committee in Maastricht, Holland. The Second World Technical Congress held in Kyoto, Japan was also chaired by _____.
134. USA Delegates were Patrick M Hickey, Donald Madden, Tom LaPuppet, Kyoshi Yamazaki, Takiyuki Mikami and Minobu Miki.
135. George E Anderson was President of the _____ from 1982-1987.
136. George E Anderson was vice President of _____ from 1986-1994.
137. George E Anderson was Director of the _____ from 1988-1994.

Pan American Union of Karate-do Associations (now known as Pan American Karate Organization)

138. George E Anderson was first elected _____ of the PAUKO from 1980-1986.
139. He later became its President from 1986-1995 and directed the PAUKO recognition of Karate into the _____.
140. George E Anderson _____ over the first appearance of Karate in the Pan American Games as a medal sport in _____.
141. The office of the Pan American Union of Karatedo Organizations was in _____, at the Center for the Martial Arts.
142. George E Anderson and Patrick M Hickey wrote the _____ of the PAUKO.
143. George E Anderson was the _____ of the Pan American Referee Council from 1982-1987.
144. David Ames was the _____ in the year _____.

The USA Karate Federation

145. The USA Karate Federation was the Karate member of the _____ from 1992-1996
146. George E. Anderson is the only President of the _____.
147. George E Anderson also chairs the _____.
148. Patrick M Hickey was the _____ of the USAKF from _____
149. Patrick M Hickey also chaired the _____ of the USAKF.
150. Pamela J Hickey is _____.
151. Patrick M Hickey and Pamela J Hickey both received USA Karate _____ from the USAKF in 1990
152. Patrick M Hickey and Pamela J Hickey were both inducted into _____ in 1997.
153. Other Dans involved in the USA Karate Federation are _____
- _____
- _____
- _____

United States Karate Association

154. The head of the USKA was _____ who passed away July 11, _____.
155. Sensei Anderson's duties with the USKA were _____.
156. George E Anderson was the style-head for the _____ for the USKA.
157. He also was the International Director for the _____.
158. Patrick M Hickey was the head of the _____.
159. George E Anderson was a member of the _____.

160. George E Anderson was recruited into the USKA by _____.
161. Grandmaster Trias' senior student is _____.
162. Phillip W Koeppel's current organization is the _____.
163. George E Anderson is a Presidential advisor to the _____ and was inducted into the _____.
164. Patrick M Hickey holds USKA ____ Dan in both Taekwondo and Kwanmukan 1981
165. Pamela J Hickey holds USKA ____ Dan in both Taekwondo and Kwanmukan 1981

AAU Karate/National AAU Karate Committee, Inc.

166. George E Anderson was Involved In the separation of _____ within the AAU structure.
167. George E Anderson held positions and referee certification In both _____ In the early 1970's.
168. George E Anderson became the _____ of the AAU Karate Committee in 1979 and the _____ in 1987.
169. George E Anderson was on the _____ form 1978-79.
170. Patrick M Hickey became the _____ in 1979 and the _____ in 1987.
171. The Second National AAU Senior Men's kumite national champion in 1976 was _____.
172. Patrick M Hickey and George E Anderson wrote the _____.
173. Both George E Anderson and Patrick M Hickey were _____ by Amateur Athletic Union of the United States Karate Committee for special service.
174. George E Anderson was awarded _____ by the National AAU Karate Committee in 1979.
175. Patrick M Hickey was awarded _____ by the National AAU Karate Committee in 1980.
176. Patrick M Hickey was the _____ from 1977 to 1986.
177. Patrick M Hickey and Pamela J Hickey both held _____ in the AAU Karate from 1979.

Taekwondo

178. Taekwondo is a Korean Martial Art meaning the _____.
179. A kwan of Taekwondo is the _____.
180. The first five major kwans in Taekwondo are:
- _____ (blue waves, meaning a youngster's spirit and vitality), Won Kook Lee - 1945
 - _____ (Korea Tang Soo Do Association and later Korea Soo Bahk Do Association, Hwang Kee - 1946
 - _____ (Song means pine tree, which meant green and a long life), Ro Byung Jick - 1946
 - _____ (YMCA Kwon Bup Bu, YOON Byung In, later LEE Nam Suk and KIM Soon Bae - 1946
 - _____ (renamed Jidokwan (Wisdom Way School), Yon Kue Pyang - 1946
181. The four later kwans are
- _____, CHOI Hong Hi and NAM Tae Hi
 - _____ (a house of teaching generosity), HONG Jong Pyo and PARK Chul Hee - 1956
 - _____, LEE Kyo - 1956
 - _____ (stepping the right way), LEE Yong Woo - 1954
182. The earliest known form of Taekwondo was _____.
183. Taekyon trained warriors became known as _____.

184. In the year 935, Taekyon became known as _____ - The art of kicking, punching and butting.
185. Korea was occupied by Japan from _____.
186. The first kwon of school to teach a native Korean martial art after the occupation by Japan was _____ in 1945 – _____ was the art.
187. August 11, 1955 was the date of the first attempt to organize the kwans under the name _____ - the art of Chinese hand.
188. In _____ the word Taekwondo - the art of kicking and punching began to be used.
189. The Korea Taekwondo Association was created _____ with General Cho Hong Hi as the first President.
190. In 1959, Hwang Kee, founder of the Moo Duk Kwan started the _____ in opposition to the Korea Taekwondo Association.
191. The _____, was created in 1966 when Choi Hong Hi ran into political troubles in Korea.

Central Taekwondo Association

192. The Central Taekwondo Association was founded in _____ in Summit County, Ohio.
193. The first chairman of the CTA was: _____ in 1974
194. The founding directors of the Central Taekwondo Association were _____.
195. The three incorporators of the Central Taekwondo Association were _____.
196. The current director of the Central Taekwondo Association is _____.
197. The Central Taekwondo Association is now considered a branch of the _____.
198. Hanshi Anderson holds a ninth dan in the _____. Mr. Hickey holds an eighth dan in the _____. Mrs. Hickey holds an eighth dan in _____.
199. Patrick M Hickey and Pamela J Hickey hold ?????? dan in the Kang Duk Won.
200. The Kwanmukan initially evolved from the _____ but is now affiliated with the _____.
201. Song Moo Kwan means _____.
202. George E. Anderson received direct promotion from _____, the founder of the Song Moo Kwan.
203. Hanshi Anderson's principle Taekwondo teacher was I J Kim. Mr. Kim's teachers were _____.
204. Pamela J Hickey was the Central Taekwondo Association _____.

World Taekwondo Federation and Kukkiwon

205. The World Taekwondo Federation (WTF) is the _____.
206. The _____ is the World Taekwondo Training Center/Headquarters and was founded in November, _____ in Korea.
207. George E. Anderson holds a Ninth Dan recognition from the Korean government issued through the _____.
208. George E Anderson received a Pan American Taekwondo officials certification in the early _____.

Judo

209. _____ was the founder of Judo.
210. The Kwanmukan Chief Judo Instructor is _____.
211. The three parts of the judo throw are _____

212. The five basic principles in Judo are:

213. The five divisions of judo technique are

214. Four men who attained the 10th (Judan) grade in Karate were _____.

215. _____, a famous Judo master held seminars in George E Anderson's dojo.

United States Judo Association

216. George E Anderson holds a ____Dan in the USJA and is a trustee Life Member of the USJA.

217. Patrick M Hickey holds a USJA ____Dan in 1984 and is a USJA Life Member

218. Pamela J Hickey holds a USJA ____Dan in 1984. and a USJA Life Member

International Jujitsu Federation

219. George E Anderson is a member of the JJIF Advisory committee and chairman of the _____ and the _____.

220. The JJIF is the member of the _____.

221. _____ is the member of the JJIF for the United States.

222. Patrick M. Hickey led the first US delegation to the first _____ in Copenhagen in 1993.

223. The first Kwanmukan personnel receiving international Jujitsu referee licenses from the JJIF were _____.

US Jujitsu Federation

224. George E Anderson was _____ of the US Jujitsu Federation from 1991-1995.

225. Patrick M Hickey was _____ of the US Jujitsu Federation from 1991-1995.

226. George E Anderson with Patrick M Hickey were founders of the _____.

227. George E Anderson and Patrick M Hickey are permanent life members and board members of the _____.

228. George E Anderson is the current vice President of the _____

229. Patrick M Hickey is currently _____. George E Anderson is _____.