



Basic Question & Answer Sheet

on

Shorin-ryu Karate



1. What is the name of our style?..... The Chinese pronunciation is Shorin-ryu.
The Japanese pronunciation is Matsubayashi-ryu.
2. What does Shorin-ryu & Matsubayashi-ryu mean in English?..... Pine Forest.
3. Who is the founder of our style?..... Grand Master Shoshin Nagamine.
4. What is his rank?..... 10th Degree Black Belt (10th Dan).
5. When was he born?..... July 15, 1907.
6. When did he die?..... November 2, 1997.
7. Who were his instructors?..... Choki Motobu, Chotoku Kyan, Ankichi Arakaki.
8. What was his nickname?..... Chippaii Matsu.
9. What does Chippaii Matsu mean in English?..... Tenacious Pine Tree.
10. Who is the Grand Master's son?..... Takyoshi Nagamine.
11. What is his rank?..... 10th Degree Black Belt (10th Dan).
12. What does Shihan mean in English?..... Teacher of teachers,
13. Who is your Shihan?..... Shihan Michael Ritter.
14. What is his rank?..... 8th Degree Black Belt (8th Dan).
15. Who were Shihan's instructors?..... Sensei Jim Wax, Soke Takayoshi Nagamine, and Grand Master Shoshin Nagamine.
16. What does Sensei mean in English?..... Teacher.
17. Who is your Sensei?..... Sensei Lynn Ritter.
18. What is her rank?..... 6th Degree Black Belt (6th Dan).
19. What does Dan mean in English?..... Black Belt Rank.
20. What does Kyu mean in English?..... Rank below Black Belt (10th Kyu to 1st Kyu).
21. What Does Karate mean in English?..... Empty hand.
22. What does Karateka mean in English?..... Karate practitioner.
23. What does Dojo mean in English?..... Training Hall.
24. What is the uniform called in Japanese?..... Gi.
25. What is the belt called in Japanese?..... Obi.
26. What does Kiai Mean in English?..... A short loud scream.
27. What is the purpose of a Kiai?..... To scare your opponent.
To draw energy from your stomach (Stimulate your adrenalin).
To motivate yourself & your classmates.
28. Where does the Kiai come from?..... The stomach.
29. What is a Makiwara?..... Striking post.
30. Why do we hit a Makiwara?..... To develop focus, strengthen knuckles and other striking points of our body that we use.
31. Why do we do pushups?..... To strengthen knuckles, wrist and arms.
32. What does Kime mean in English?..... The focus of all physical and mental energy.
33. What is more important, Speed or Power?..... Speed, because it develops power.
34. What do we strike with when we punch?..... The first two knuckles.
35. What is the percentage of force on the knuckles?..... 70% on the 1st knuckle & 30% on the 2nd knuckle.
36. What are the 2 MEASURES of our stances?..... Natural Stance & Deep Stance, all other stances come from these.
37. What is the weight distribution for a Natural Stance?... 50% on each leg.

38. What is the weight distribution on a Deep Stance?.....30% on the back leg & 70% on the front leg.
39. What is the weight distribution on a Cat Stance?.....95% on the back leg & 5% on the front leg.
40. What does Kumite mean in English?.....Sparring.
41. What does Kata mean in English?.....Form.
42. Which is more important, Kata or Kumite?.....Kata, because kata teaches kumite.
43. What does Karate Ni Sente Nashi mean in English?....There is no first attack in karate.
44. In the correct order, what are the 5 things karate teaches?.....Humility, Respect, Character, Health, & Skill
45. Of these 5, which one is the most important & why?...Humility, because without humility you can not learn the others.
46. What do the 8 points on the patch stand for?.....Shorin-ryu, Splendid, Solemn, Science, System, Speed, Spirit & Strength.
47. How many katas are there in our style?.....18 katas.
48. How many of these 18 katas are basic?.....10 for Kyu Ranks.
49. What are the last remaining 8 katas?.....Black Belt Fighting Katas.
50. What are the sequence of movements in a kata?.....Eyes, Feet, & Hands.
51. What is the most important move in any kata?.....The 1st move, because it is a block and if you do not block the 1st attack, then you get hit and the fight is over.
52. What does Fukyugata ichi mean in English?.....Basic form number 1.
53. Who designed this kata?.....Grand Master Shoshin Nagamine.
54. What year was this kata designed?.....1940.
55. How many moves does this kata have?.....21.
56. What was this kata designed to develop?.....Coordination.
57. Why was it developed?.....Grand Master Shoshin Nagamine was commissioned by the governor of Okinawa.
58. What does Fukyugata Ni mean in English?.....Basic form number 2.
59. Who designed this kata?.....Grand Master Chojun Miyagi.
60. What year was this kata designed?.....1940.
61. How many moves does this kata have?.....18.
62. What was this kata designed to develop?.....Coordination.
63. What style of karate did this kata come from?.....Goju-ryu.
64. What is the name of this kata in Goju-ryu?.....Gigsai Ichi, this is their 1st kata.
65. How did this come become one of our katas?.....Grand Master Shoshin Nagamine asked Grand Master Miyagi for permission to adapt it into our system.
66. What does Pinan mean in English?.....Peace.
67. How many Pinan Katas are there in our style?.....5.
68. Who designed these katas?.....Master Anko Itosu.
69. What year did Master Anko Itosu start teaching Karate in the school systems?.....1904.
70. What year were these Pinans designed?.....1907.
71. What were these katas designed to develop?.....Speed & Balance.
72. Why were the Pinans developed?.....For a systematic means to teach school children.
73. Who was Master Anko Itosu's most famous student?...Master Gichin Funakoshi.
74. What did Master Gichin Funakoshi do?.....He brought karate to mainland Japan.
75. In what year did Funakoshi take karate to Japan?.....1922.
76. What style of karate did Master Funakoshi start?.....Shoto-Kan.
77. What does Naihanchi-dachi mean in English?.....Horse riding stance.
78. How many Naihanchi Katas are in our style?.....3.
79. Who designed the Naihanchi Katas?.....The author is unknown.