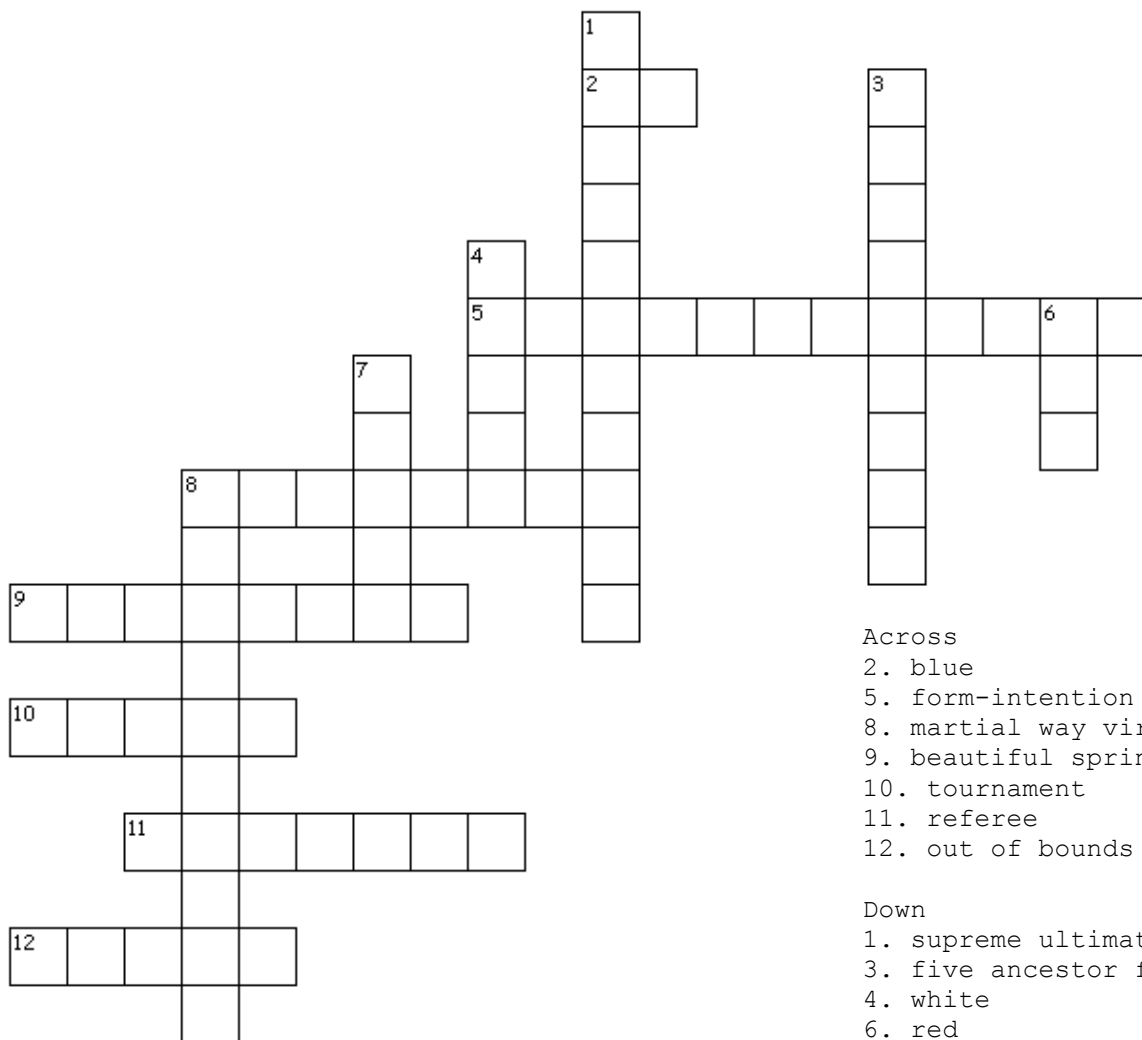


## Sankyu - Brown Belt (White Stripe) Study Guide

### I. Vocabulary:



Across

- 2. blue
- 5. form-intention fist
- 8. martial way virtues
- 9. beautiful springtime
- 10. tournament
- 11. referee
- 12. out of bounds

Down

- 1. supreme ultimate fist
- 3. five ancestor fist
- 4. white
- 6. red
- 7. match
- 8. eight trigram fist

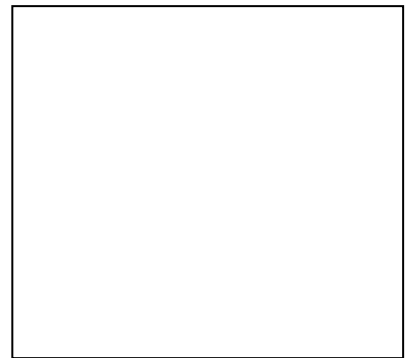
### II. History of karate in China and before:

- a. Who founded the Shaolin Monastery? \_\_\_\_\_
- b. What is his name in Japanese? \_\_\_\_\_
- c. What was his name in Chinese? \_\_\_\_\_
- d. What is he most famous for? \_\_\_\_\_
- e. What was he before he became a Buddhist monk? \_\_\_\_\_
- f. When did he cross the Himalaya Mountains from India to China? \_\_\_\_\_

- g. Why did he go to China? \_\_\_\_\_
- h. What was the name of the meditative exercises he created? \_\_\_\_\_
- i. What does this translate to? \_\_\_\_\_
- j. What is the name of the martial practice he is credited with creating? \_\_\_\_\_
- k. What does this translate to? \_\_\_\_\_
- l. Name five Chinese martial arts. \_\_\_\_\_, \_\_\_\_\_,  
 \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_

**III. Seiunchin History:**

- a. What does Seiunchin mean? \_\_\_\_\_
- b. Who introduced Seiunchin to Okinawa? \_\_\_\_\_
- c. From whom did he learn it? \_\_\_\_\_
- d. Where did it originate? \_\_\_\_\_
- d. When did it circulate in Okinawa? \_\_\_\_\_
- d. Draw the embusen in the box to the right.
- e. How many movements are in seiunchin? \_\_\_\_\_
- f. How many attackers? \_\_\_\_\_



**IV. Double Bladed Axe**

- a. Draw the Double Bladed Axe emblem in the box to the right



- b. Write the Four Noble Truths in the blanks below:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

c. Write the eight parts of the eight-fold path:

1. \_\_\_\_\_

5. \_\_\_\_\_

2. \_\_\_\_\_

6. \_\_\_\_\_

3. \_\_\_\_\_

7. \_\_\_\_\_

4. \_\_\_\_\_

8. \_\_\_\_\_