

AMERICAN KANG DUK WON KARATE

QUIZ #2

1. How were martial arts weapons such as the sai, tonfa, kama, and nanchaku all initially used?



2. What do these techniques have in common: hanza, shuto, palm heel, tiger mouth?

3. The *Ninja* lifestyle originated nearly 800 years ago in which country?



4. The term “Do” in *karate-do*, *judo*, *kendo*, *hapkido*, and *budo* has what meaning?

5. American Kang Duk Won Karate teaches that as a martial artist you must always be _____ before using any techniques against an aggressor.

6. American Kang Duk Won Karate has roots that can be traced directly back to the earliest original schools of what style?

7. Although extremely varied in practice and design, what distinct similarity do these martial arts weapons share: naginata, yari, katana, kama, and shuriken?



8. Who was the Hall of Fame Football Coach and President’s Physical Fitness Chairman so aptly referenced by Master Lawlor in the website’s *Instructors’ Materials* article, “What is a Workout?”

9. What famous martial artist was frequently referred to as the “Little Dragon?”

10. What is the name of the Bo Form (and meaning of the term) executed by the Black Belt Demonstration Team at the Annual Tournament (presented in *AKDWK Videos*)?



Bonus: What martial arts style was originated by “Little Dragon” and what does the term mean?



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QUIZ #2: *AKDWK Website and Internet References*

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

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10. _____

Bonus: _____

Answers will be sent to you when you have completed the Quiz,
by Wednesday, 4,15!