

# NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1210

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

## **THEORY: SSC1210: SPORTS SPECIALITY MODULE – MARTIAL ARTS**

MAY 2011

3 HOURS (100 MARKS)

### **INSTRUCTIONS**

Answer 4 questions only. Each question carries 25 marks. Where a question contains subdivisions, the mark value for each subdivision is given in brackets. Illustrate your answer where appropriate with large clearly labeled diagrams.

1. a) Outline what is karate-do. [5 marks]
- b) Outline the role of karate as a sport, art and as a philosophy. [20 marks]
2. Briefly describe the historical development of karate-do in:-
  - i) India [4 marks]
  - ii) China [5 marks]
  - iii) Okinawa [7 marks]
  - iv) Japan [9 marks]
3. Describe the following three K's that generally characterize modern karate-do:-
  - i) Kihon [8 marks]
  - ii) Kata [8 marks]
  - iii) Kumite [9 marks]
4. Outline the facts that are common for all katas from different styles. [25 marks]
5. Describe the development of Goju-ryu under Master Kangyo Higashiona (1840-1910). [25 marks]
6. Briefly discuss:-
  - i) 6 standing positions. [12 marks]
  - ii) 3 blocking styles. [6 marks]
  - iii) 3 kicking styles you know in Goju ryu. [7 marks]

**END OF EXAMINATION**