

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2210

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC2210: SPORTS SPECIALITY MODULE – (MARTIAL ARTS)

MAY 06

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer **four** questions only. Questions can be written in any order. 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. Using examples compare and contrast the general characteristics of Kihon, Kata and Kumite. (25 marks)
2. Using examples explain the shotokan dojo etiquette. (25 marks)
3. In sports explain how the philosophical concepts of;
 - a. “Mind like water” (13 marks)
 - b. “Mind like moon” (12 marks)can be applied.
4. Outline how the following concepts can be used to practice Karate.
 - a. Form (5 marks)
 - b. Power and speed (5 marks)
 - c. Concentration and relaxation of power (5 marks)
 - d. Strength muscle power (5 marks)
 - e. Rhythm and timing (5 marks)
5. Outline the similarities of Goju-ryu and Shotokan styles. (25 marks)
6. Explain the five characteristics of Kata according to Sensei Nakayama. (25 marks)

END OF EXAMINATION QUESTION PAPER