

Northern River Karate School
Curriculum for Adult Beginners

Standing Meditation, Sanchin Kata, Kotekitae, Questions
At-home Astanga Vinyasa Yoga workout: **Surya Namaskara A**

The test board may choose questions from the following:

- The name of this practice is *Uechi Ryu Karate Do* (way-chee roo kah-rah-tay doh), which means the *Uechi* family's style of the way of the empty hand.
- The three animal archetypes underlining this practice are the Crane, the Dragon and the Tiger
- The numbers one to ten in Japanese are:
Ichi, Ni, San, Shi, Go, Roku, Shichi, Hatchi, Ku, Ju.
- The old Chinese name for *Uechi Ryu Karate* is *Pangainoon* (pwan-gay-noon), which means "half hard, half soft".
- These are some commonly used terms during class Sanchin Kata practice:
 - *Kiotsuke* means attention
 - *Rei* means bow
 - *Yoi* means ready
 - *Hajime* means begin
 - *Migi* means right
 - *Hidari* means left
 - *Mawate* means turn
 - *Riote* means double thrusts
 - *Nukite* means spear hand
 - *Boshiken* means thumb knuckle strike
 - *Wa uke* means circle block
 - *Yame* means stop
 - *Sanchin* means three battles
- The six concepts discussed in David Mott's article, "Quality and Depth in Uechi Ryu Karate Do" under the heading "Body" are:
 - *Grounding*
 - *Centering*
 - *Flow*
 - *Precision*
 - *Power*
 - *Speed*

**Northern River Karate School
Curriculum for Adult Kukyu (first stripe)**

Standing Meditation
Sanchin Kata
Kotekitae
Sokuto Geri, Shomen Geri and Mawashi Geri (from Hojo Undo)
Kanshiwa Kata
*Kanshiwa Two Person Bunkai**
Kyu Kumite #1, 2 & 3
Questions
At-home Astanga Vinyasa Yoga workout:
Surya Namaskara A & B, Padangusthasana & Pada Hastasana

*Although we begin studying the *Kanshiwa Two Person Bunkai* at this rank, it is not required for the next test for *Hatchikyu* (second stripe).

Questions may be chosen from the following:

- The teaching lineage of our school is:
Shushiwa taught *Kanbun Uechi* who taught *Kanei Uechi* who taught *George Mattson* who taught *David Mott* who is teaching *Ken Read* who is teaching you.

- These are some commonly used terms in the study of *Kanshiwa Kata*:
 - *Seiken* means fist
 - *Shoken* means first knuckle fist
 - *Shuto* means knife edge of hand
 - *Uraken* means backfist
 - *Hiji* means elbow
 - *Kibi Dachi* means Uechi horse stance
 - *Sokuto Geri* means Uechi side kick
 - *Shomen Geri* means front kick

Grounding: feeling the support of the ground through the feet.

- a) The feet are firmly and directly repositioned in each stance after each step.
- b) The feet plant and then root themselves into the ground (lifted toes or "loose" heels weaken this grounding).
- c) The feet are in a dynamic relationship with ground and body. This means that the energy of intent -incorporating both mindfulness and intrinsic energy (qi) - reaches from the feet into the ground and flows upwards into the whole body.

Northern River Karate School

Curriculum for Adult Hatchikyu (second stripe)

Standing Meditation

Sanchin Kata

Kotekitae

Mawashi Tsuki and Shomen Tsuki (from Hojo Undo)

Kanshiwa Kata

Kanshiwa Two Person Bunkai

Kyu Kumite 1, 2 & 3

Questions

At-home Astanga Vinyasa Yoga workout:

Surya Namaskara A & B, Padangusthasana, Pada Hastasana,

Utthitha Trikonasana A & B, Utthitha Parsvakonasana A & B.

Questions may be chosen from the following:

- The original Chinese curriculum of Uechi Ryu Karate is:
Sanchin Kata, Kotekitae, Seisan Kata, Senseiryu Kata.
- Five Principles of Body Mechanics included in Uechi Ryu are:
 1. Coiling and Uncoiling
 2. Compression and Expansion
 3. Rising and Sinking
 4. Opening and Closing
 5. Swallowing and Spitting
- Centering:
the understanding of the dan tien or belly in karate.
 - a) The weight of the body positions itself appropriately in each stance.
 - b) All movements connect to and radiate outward from the dan tien.
(Reliance upon upper body strength as the primary strength negates the connection to the dan tien.)
 - c) General emptiness in the dan tien is usually caused by a lack of intent being placed there or through the presence of tension or fear, both of which will cause the center to rise into the chest area or higher.
 - d) All movements are supported by the slight firming or compacting of the dan tien in coordination with the movement to activate the flow of qi.

Northern River Karate School

Curriculum for Adult Shichikyu (third stripe)

Standing Meditation

Sanchin Kata

Kotekitae

Shuto Uchi, Uraken Uchi, Shoken Tsuki; Hiji Tsuki; and Hajiki Uke, Hiraken Tsuki (from Hojo Undo)

Kanshu Kata

Kanshiwa Four Person Bunkai

Kyu Kumite 1 - 5

Questions

At-home Astanga Vinyasa Yoga workout:

Surya Namaskara A & B,

Padangusthasana,

Pada Hastasana,

Utthitha Trikonasana A & B,

Utthitha Parsvakonasana A & B,

Prasarita Padottanasana A, B, C, & D

& Parshvotannasana.

Questions may be chosen from the following:

The eight *Uechi Ryu Kata* are:

Sanchin, Kanshiwa, Kanshu, Seichin, Seisan, Seiryu, Kanchin, Senseiryu.

Flow: the ease of movement in all of its various "flavours" (the activation of appropriate body mechanics in support of each individual movement).

- a) Tension creates rigid or uneven movement.
- b) The transition from movement to movement or stance to stance needs to occur with fluidity.
- c) The use of individual (not meaning personal) "flavours" creates a rich vocabulary of movement as opposed to a sameness of movement. Sameness arises from the tendency to want to make all movements feel strong in the same way. If the function of each movement is understood and felt, its unique "flavour" will show.

Northern River Karate School

Curriculum for Adult Rokkyu

Standing Meditation
Sanchin Kata
Kotekitae
Tenshin Zensoku Geri,
Tenshin Kosoku Geri,
Tenshin Shoken Tsuki
(from Hojo Undo)
Shomen Hajiki (from Hojo Undo)
Koi No Shippo Uchi Tate Uchi and Koi No Shippo Uchi yoko Uchi
(from Hojo Undo)
Kanshu Kata
Kanshiwa Four Person Bunkai
Kyu Kumite 1 - 5
Questions
At-home Astanga Vinyasa Yoga workout:
Surya Namaskara A & B, Padangusthasana, Pada Hastasana,
Utthitha Trikonasana A & B, Utthitha Parsvakonasana A & B,
Prasarita Padottanasana A, B, C, & D, Parshvotannasana, Utthitha Hasta
Padangusthasana & Ardha Badha Padmattanasana.

Questions may be chosen from the following:

The Japanese names for the *Dan* (black belt) ranks in *Uechi Ryu* are:
Shodan, Nidan, Sandan, Yondan, Godan, Rokkyudan, Shichidan,
Hachidan, Kudan, (Judan).

Power: the natural heaviness in all movement as well the impact of each strike as the body supports the completion of each extension.

- a) The whole body responds and supports the movement as it begins, transits and finishes.
- b) There is an integration of body mechanics and intent.
- c) Movements of the limbs do not occur in isolation from the rest of the body.
- d) Body habits (poor posture etc.) are corrected.
- e) The body supports but does not compensate (i.e. by leaning in an opposite direction) for each movement.
- f) There is an alignment of structure (bone, ligament, tendon and muscle) to support each movement and impact.

Northern River Karate School

Curriculum for Gokyu and Yonkyu (green belt)

Standing Meditation
Sanchin
Kotekitae
Hojo Undo
Seichin Kata

Kanshiwa Four Person Bunkai
Kyu Kumite
Questions

At-home Astanga Vinyasa Yoga workout:

Surya Namaskara A & B, Padangusthasana, Pada Hastasana, Utthitha Trikonasana A & B, Utthitha Parsvakonasana A & B, Prasarita Padottanasana A, B, C, & D, Parshvotannasana, Utthiha Hasta Padangusthasana & Ardha Badha Padmattanasana, & Utkatasana and Virabhadrasana A & B

Questions may be chosen from the following:

Precision: all movements have a clear beginning, middle and end point.

- a) All movements demonstrate their potential with detail and refinement.
- b) There is a sharp, vivid quality to each movement.
- c) Gaps in the mindfulness of a movement (i.e. lifting the shoulder with a punch) are seen and eliminated.

Speed: the velocity of a movement to support power and flow and to create impact.

- d) Speed issues forth in a manner that is appropriate to the effectiveness of a movement.
- e) Unequal speed in the extension and retraction of a movement is avoided.
- f) Too much speed in which a movement's fullness is sacrificed is avoided.
- g) Too little speed in which an opponent's body is not shocked (an important aspect of contact which allows for deep penetration) is avoided.
- h) The creation of an appropriate pause in the cycle of extension/retraction allows the transference of power and intent.