

**Academy of
World Champion Nestor Folta**
“A Total Personal Development School”
- Uechi-Ryu Okinawan Karate –
11315 Lapham Drive; Oakton, VA22124
Telephone 703-628-4006 [http://
www.AWCNF.com](http://www.AWCNF.com)

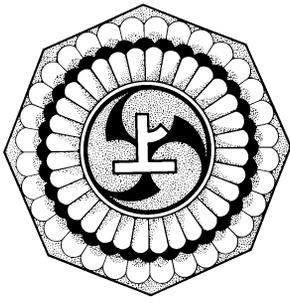


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Student Creed

Remembering that the martial arts begins and ends with respect, I intend to:

1. Develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.
2. Develop self-discipline in order to bring out the best in myself and others.
3. Use what I learn in class constructively and defensively, to help myself and my fellow man and never to be abusive or offensive.



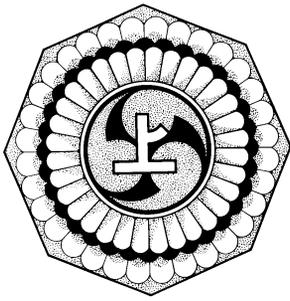
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5 Keys to Parental Commitment

1. Create a positive environment by telling your youth:
 - How happy you are that he/she is studying karate
 - How important it is that he/she attend class
 - Talk favorably about the class, instructor, facility
2. Remind/encourage your child to attend classes:
 - Mark the class dates on a calendar in the kitchen or elsewhere
 - Remind your youth as the class date approaches
 - Remind your youth on the day of the class & before departing
3. Listen to the feedback from your youth:
 - Tell you and show you what was done in class
 - Tell you the name of friends made in class
 - Tell you what they liked best in class
4. Practice the student Creed with your youth (this must be memorized)
5. Be enthusiastic in participating as a parental assistant

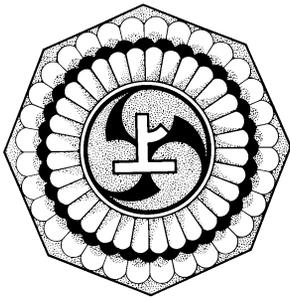


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Kata	Pre-arranged sequence of moves for karate (aka: “forms”)
Sanchin	First kata and foundation of other kata. It means 3 conflicts (body, mind, spirit)
Dojo	Karate gym
Sensei	Instructor
Rei	Bow
Doomo Arigato	Thank you
Onegaishimasu	Please help me
Karate	Literally means from (kara) the hand (te); KARA-TE or From the empty hand. Originated on the island of Okinawa as a self defense form because weapons were outlawed
Uechi-Ryu Karate	A “hard” and “soft” style combining flexed and relaxed movements developed by Master Kanbun Uechi from three of the animal forms (tiger, dragon, crane) he studied in China. It is pronounced “way chee ru”. It means “in the style of Uechi”



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What youth need to know for questions/answers for first karate test

Student Creed:

Remembering that the martial arts begins and ends with respect, I intend to: 1. Develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health. 2. Develop self-discipline in order to bring out the best in myself and others.

General Questions:

What is the Name of our style of Karate? Uechi-Ryu
 It means: “In the style of (Kanbun) Uechi”.

Who is your Sensei? Example: Mr. Hambel or Hambel Sensei.

Who is the head of our School? Master Folta or Folta Sensei.

Where do we practice karate? In a Dojo.

What do we always do when we enter or leave a Dojo? Bow.

What are the 3 animals in our style of Karate? Tiger, Dragon, and Crane.

What is self discipline? Doing things that you don't want to do, but you do anyways.

How do you know if you have responsibility? Others are counting on you.

How do you know if someone is respecting you? They are treating you the way you want to be treated.

How do you respect someone else? Treat them the way that they want to be treated.

What is the name of the first Kata? Sanchin

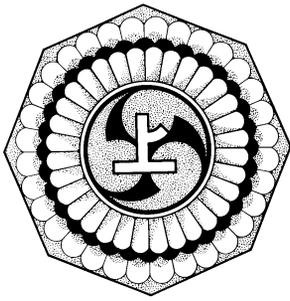
What does Sanchin mean? 3 battles or conflicts

What are the 3 battles? Mind, Body, and Spirit

Out of the 3 which is most important? The Mind, because the mind controls everything.

Student Gi (Uniform) with AWCNF school embroidery is required to test. Need height & weight. Sizing is as follows:

<u>Max Tall</u>	<u>Max Weight</u>	<u>Gi Size</u>	<u>Cost</u>
3'5"	45	000	\$65
4'0"	60	00	\$65
4'5"	80	0	\$65
4'9"	100	1	\$65
5'2"	120	2	\$65
5'6"	140	3	\$70
5'9"	175	4	\$70
6'0"	185	5	\$70
6'4"	200	6	\$70
6'4" plus	200 plus	7	\$70



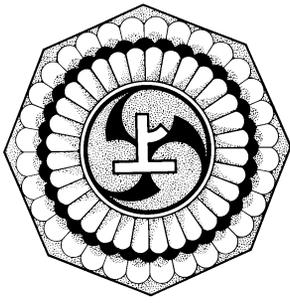
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Brief History of Uechi-Ryu

Year	Event
1897	Kanbun Uechi went to China and studied Pangainoon (hard and soft method of three animal forms -- tiger, dragon, crane) for ten years under Shusshabu (a/k/a Shushiwa)
1907	Kanbun opened his own dojo in China.
1910	Kanbun closed the dojo and returned to his home village of Izumi on Okinawa after one of his students killed a man during a rice field irrigation dispute.
1926	Kanbun opened a dojo in mainland Japan teaching only three kata, kotegitae, and Chinese medicine (note: this is the first time Pangainoon was taught outside of China).
1937	Kanei Uechi, Kanbun's oldest son, opened a dojo in mainland Japan after ten years of study under his father.
1940	Kanbun was awarded the title of Grandmaster and his students further honored him by renaming Pangainoon to "Uechi-ryu" (which means "in the style of Uechi").
1942	Uechi-ryu was taught for the first time in Okinawa when Kanei returned, but he soon closed the dojo due to World War II. Kanbun reopened the dojo after the war.
1948	Kanbun (71) died, Kanei moved to Futenma and opened a dojo.
1967	Kanei Uechi is awarded 10th Degree Black Belt by Japan and Okinawa Karate Federations.
1983	Nestor Folta went to Okinawa and studied under the direct tutelage of Kanei for 5 years.
1988	Nestor Folta returns to Washington, DC.
1991	Kanei Uechi dies and Kanmei becomes president of Uechi-Ryu Karate-Do Association.
1999	Nestor Folta receives Master Level Instructor Certification.
2005	Nestor Folta receives 7th degree Black Belt (<i>Kyoshi</i>).



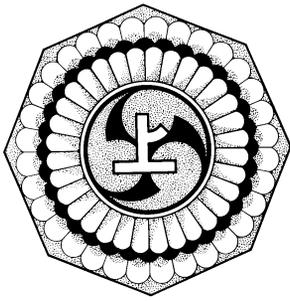
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Hojo Undo Exercises

Japanese	English
Sokuto Geri	Edge foot diagonal kicks
Shomen Geri	Front kicks
Mawashi Tsuki	Closefisted roundhouse punches
Hajiki Uke, Hiraken Tsuki	Fore knuckle blocks/strikes
Shuto Uchi, Ura Uchi, Shoken Tsuki	Chop, back fist, one knuckle punch
Seiken Tsuki	Closefisted punches
Hiji Tsuki	Elbow strikes(forward, side, rear)
Tenshin Zensoku Geri	Sidestep, front kicks
Tenshin Kosoku Geri	Sidestep, rear foot front kicks
Tenshin Shoken Tsuki	Sidestep, one knuckle punches
Shomen Hajiki	Finger slaps
Koi no po Uchi, Tate Uchi	Wrist strikes- up, down, sides, in
Koi no po Uchi, Yoko Uchi	Fishtail side strike
Shinkokyu	Deep Breaths



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“Wisdom at Work” – GOALS

One of the best activities we can undertake is to continually define and refine our goals. A Harvard study of 100 MBA graduates ten years after graduation demonstrates a correlation between goal setting and income. The results are as follows:

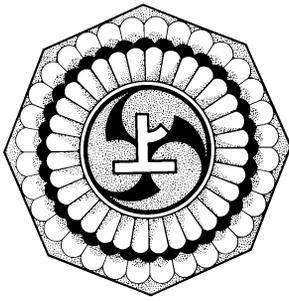
<u>% of Class</u>	<u>Goal Setting</u>	<u>Average Income</u>
87%	No specific goals	\$35,000
10%	Specific goals with specific timeframes	\$105,000
3%	Specific written goals reviewed and revised regularly	\$300,000

This study demonstrates that individuals with specific written goals reviewed and revised regularly made, on the average, eight-and-a-half time more yearly income than those with no specify goals. As a New Year begins many people find this a good time to develop, review, or revise goals. If you do, following are some ideas that you might find useful:

- **Set goals that excite you.** Be honest with yourself and set goals that are truly important and that you are willing to commit to achieve.
- **Develop a strategy.** A goal without a plan is like a train without a track. One useful tool for developing a strategy is “Backwards Planning”. This is a process in which you develop a strategy moving backwards in time, from achievement of the goal to present. It is a useful tool because every milestone is tied to a goal. To use this tool, ask yourself “What milestone would I need to take just prior to this milestone?” Write this down. Tie each milestone to a specific date. Continue asking these questions and creating new milestones until the process is complete.
- **Make goals specific and measurable.** Our minds are tricky and as creatures of habit we often take the path of least resistance. When goals are both specific and measurable, we evaluate objectively rather than subjectively. In doing so, our minds cannot trick us into believing we’ve achieved our goal when we have not.
- **Create a visible display to display goals and measure progress.** For example, this might be a spreadsheet to measure income over the course of a year or a wall calendar to display the relationship between activities and goals. Look at and work with the visible display often.
- **Follow your strategy diligently and consistently.** Monitor your progress towards the goal, readjust as appropriate, and take consistent actions very day to attain your goal. Be consistent especially when you don’ t feel like it; this is how to move beyond self-imposed barriers and limiting thinking.

Goals are gifts. They create a natural tension that causes us to experiment, to grow, to learn, and to extend ourselves. Through goal setting and consistent effort, we develop increased self-confidence. We not only achieve our results; we also become people who are successful and confident and who can inspire others to do the same.

Wisdom at Work is an electronic newsletter helping people to be more productive and lead higher quality lives. It is created and distributed by Laurie Boucher. You are encouraged to forward this newsletter to others in your network that might benefit. To have this sent to you directly, forward your e-mail address to lboucher@up.net



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Confidential Adult & Child Evaluation Sheet & Release

Name of Student: _____ Date of Birth: ____ / ____ / ____

Address: _____

City/State/Zip: _____

Phone Numbers: Home: _____ Cell: _____

Email Address: _____

Parents Name (if Student is a minor): _____

How did you here about Traditional Karate Uechi Ryu, Little Ninjas & AWCNF? _____

Has the student ever taken martial arts training before? How Long?: _____

Does the student have any physical disabilities or need any special considerations? _____

What would like to see the student achieve in karate training _____

Please briefly describe the student:

Personality: _____

Temperament: _____

Behavior: _____

Coordination: _____

Attention Span: _____

Please Circle the area of development that is most important to you!!!

Please check as many areas of development that you desire for improvement:

<input type="checkbox"/>	Physical Fitness	<input type="checkbox"/>	Self Confidence	<input type="checkbox"/>	Self Fulfillment	<input type="checkbox"/>	Inner Awareness
<input type="checkbox"/>	Emotional Discipline	<input type="checkbox"/>	Determination	<input type="checkbox"/>	Weight Loss	<input type="checkbox"/>	Quickness of Reflex
<input type="checkbox"/>	Balance & Coordination	<input type="checkbox"/>	Mental Discipline	<input type="checkbox"/>	Positive Attitude	<input type="checkbox"/>	Posture
<input type="checkbox"/>	Perseverance & Endurance	<input type="checkbox"/>	Tension Relief	<input type="checkbox"/>	Self Defense	<input type="checkbox"/>	Compassion
<input type="checkbox"/>	Self Image Development	<input type="checkbox"/>	Attention Span	<input type="checkbox"/>	Physical Discipline	<input type="checkbox"/>	Speed & Agility

Additional: _____

Release: I recognize and acknowledge that there is a known risk of injury involved in the participation of Karate. I agree to assume this risk and agree that the Academy of World Champion Nestor Folta will not be held liable for any damages not caused by or resulting from negligence of Nestor Folta, or his assistant's. I understand also that I do not have to participate in any activity or training exercise which I feel is not in my best interest. I authorize unrestricted use of photography and videography taken in classes, Rank Promotion Tests, and other AWCNF related activities for AWCNF advertising without compensation.

Signature of Student or

Signature of Parent (if student is a minor): _____ Date: ____ / ____ / ____

Printed Name of Person who signed above: _____