

### Advanced Red: Terminology & Culture

What is the generic word used for any rank "below" black belt?	Kyu	"Q"
What is the generic word used for any black belt rank?	Dan	dahn
What is the Japanese word for a "person" holding a dan rank?	Yudansha	yoo-dahn-shah
How do you say "turn" in Japanese?	Mawate	mah-wah-tay
How do you say "flat fist" in Japanese?	Hiraken	hee-rah-ken
How do you say "elbow strike" in Japanese?	Hiji-Zuki	hee-jee zoo-kee
How do you say "hammer fist strike" in Japanese?	Tatsui	taht-soo-ee
What is your current rank?	Yonkyu	yawn-"Q"
What rank are you testing for?	Sankyu	sahn-"Q"

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What year was Kanbun Uechi born?	May 5, 1877	
When did Kanbun Uechi travel to China to study martial arts?	March, 1897	
Where did Kanbun Uechi study Pangainoon?	Fujian Province, China	
How long did Kanbun Uechi study in China?	10 Years	
What year did Kanbun Uechi receive his certification in Kenpo?	1904	
What year did Kanbun Uechi return to Okinawa?	February, 1910	
What day was Grandmaster Kanei Uechi born?	June 26, 1911	
What year did Kanbun Uechi open his first official karate school?	1926	
What year did Kanei Uechi begin studying karate?	1927	
What year was Pangainoon-ryu renamed to Uechi-Ryu?	1940	
What day did Kanbun Uechi die?	November 25, 1948	
Who was the first American to bring Uechi-Ryu karate to the U.S.?	George E. Mattson	
When did G.E. Mattson begin teaching Uechi-Ryu in America?	1958	
What day did Kanei Uechi die?	February 23, 1991	
What organization do we belong to in Japan?	Okikukai	Oh-kee-koo-kai

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Recite aloud (in order) Junbi Undo #1 - #10		
1 - Heel Pivots		
2 - Heel Lifting		
3 - Knee and Ankle Rotations		
4 - Knee Circles		
5 - Leg Lifting and Turning		
6 - Straight Leg Swinging		
7 - Waist Scooping		
8 - Torso Turning		
9 - Double Arm Thrusting		
10 - Neck Exercises		