

CURRICULUM REQUIREMENTS

Hachikyu / White Belt, 2 Stripes



Movement

- Double-Step
- Shuffle
- Stepping-Slide

Punches

- Jab Punch

Hojo Undo

- Section 1
 - Block, Front Kick
 - Block, Straight Punch
 - Block, Chop, Backfist, One-Knuckle Punch
 - Eye Strikes
 - Block, Sword Foot Kicks

Kata (Form)

- Sanchin
- Kanshiwa

Yakusoku Kumite

- Offensive Sequences #1-5 (no contact)

Sparring Combinations

- Reverse Punch, Shuffle Front Kick
- Front Leg Front Kick, Reverse Punch

Terminology & Culture

- See Questions & Answers Sheet

KNOWLEDGE REQUIREMENTS

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What style of karate are you studying?	Uechi-Ryu (way-chee-roo)
What is a karate student called?	Karate-ka
How do you say, "line up" in Japanese?	Shugo
How do you say, "senior student" in Japanese?	Sempai
How do you say, "junior student" in Japanese?	Kohai
What is "Hojo-Undo" in the style of Uechi-Ryu Karate?	Technical Fundamental Drills
From Hojo Undo, how do you say, "block, front kick" in Japanese?	Shomen Geri
From Hojo Undo, how do you say, "block, straight punch" in Japanese?	Seiken Zuki
From Hojo Undo, how do you say, "block, chop, backfist, one-knuckle strike" in Japanese?	Shuto, Uraken, Shoken Zuki
From Hojo Undo, how do you say, "eye strikes" in Japanese	Shomen Hajiki
From Hojo Undo, how do you say, "block, sword foot kick" in Japanese	Sokuto-Geri
How do you say, "thank you very much" in Japanese?	Arigato-Gozai-Mashita
Where did the name Kanshiwa Kata come from?	"Kanbun Uechi" and "Shushiwa"
What does "Yakusoku Kumite" mean in English?	Promised or Prearranged Sparring
How do you say "sparring techniques" in Japanese?	Kumite Waza
What rank are you testing for?	Hachikyu