

# CURRICULUM REQUIREMENTS

## Nikyu / Brown Belt, 1 Stripe



### Hojo Undo

- Complete

### Kata (Form)

- Sanchin
- Seisan

### Body Conditioning

- Forearm Conditioning: Force Application
- Leg Conditioning: Force Application

### Yakusoku Kumite

- Sequences #1-10 (with partner)

### Bunkai

- Seisan Bunkai: Section 1

### Sparring

- Two 2-Minute Rounds

### Terminology & Culture

- See Questions & Answers Sheet

# KNOWLEDGE REQUIREMENTS

## Nikyu / Brown Belt, 1 Stripe



What is the generic term used for any rank below black belt?	Kyu
What is the generic term used for any black belt rank?	Dan
What is the term for a person holding a Dan rank?	Yudansha
What are the Japanese ranks from 1 <sup>st</sup> degree black belt through 5 <sup>th</sup> degree black belt?	Shodan, Nidan, Sandan, Yondan, Godan
What are the three main kata in Uechi-Ryu that were brought back from southern China by Grandmaster Kanbun Uechi?	Sanchin, Seisan, Sanseiryu
Name the 8 Kata from Uechi Ryu.	Sanchin, Kanshiwa, Kanshu, Seichin, Seisan, Seiryu, Kanchin, and Sanseiryu
When was our dojo founded?	2010
What is the Japanese name of our dojo?	Shiseikan
What does Shiseikan mean?	Dojo of the genuinely sincere
What rank are you testing for?	Nikyu