

# **CURRICULUM REQUIREMENTS**

## **Rokyu / White Belt with Green Bar**



### **Hojo Undo**

- Section 2
  - Block, Hook Punch
  - Flat Fist Blocking & Striking
  - Horizontal Wrist Strikes
  - Vertical Wrist Strikes
  - Block, Elbow Strike Series

### **Kata (Form)**

- Sanchin
- Kanshu

### **Body Conditioning**

- Forearm Conditioning: Choreography
- Leg Conditioning: Choreography

### **Yakusoku Kumite**

- Sequences #1-5 (with partner)

### **Bunkai**

- Kanshiwa Bunkai: Section 2

### **Sparring**

- Jab Punch, Reverse Punch, Shuffle Round Kick, Reverse Punch

### **Terminology & Culture**

- See Questions & Answers Sheet

# KNOWLEDGE REQUIREMENTS

## Rokyu / White Belt with Green Bar



What was the original name of Uechi-Ryu Karate?	Pan-Gai-Noon
What does "Pan-Gai-Noon" mean?	Half hard, half soft
What does the word "Ryu" in Japanese mean?	Style
What does the word "Do" mean in Japanese?	Way or Path
From Hojo Undo, how do you say, "block, hook punch" in Japanese?	Mawashi Zuki
From Hojo Undo, how do you say, "snapping block, flat fist strike" in Japanese?	Hajiki Uke, Hiraken Zuki
From Hojo Undo, how do you say, "horizontal wrist strikes" in Japanese?	Koi-No-Shippo-Uchi-Yoko-Uchi
From Hojo Undo, how do you say, "vertical wrist strikes" in Japanese?	Koi-No-Shippo-Uchi-Tate-Uchi
From Hojo Undo, how do you say, "elbow strike series" in Japanese?	Hiji-Zuki
What is a hammer-fist called?	Tatsui Uchi
What is a palm-thumb strike called?	Bushiken Zuki
What does the Japanese question "Wakari-maska?" mean?	Do you understand?
What does the Japanese term "Wakari-masu" mean?	I understand
What does the Japanese term "Wakari-masen" mean?	I do not understand
How do you say, "Please" in Japanese?	Dozo
How do you say, "Excuse me" in Japanese?	Sumi-Masen
What does "onegaishimasu" mean?	May I ask a favor of you
What rank are you testing for?	Rokyu