

CURRICULUM REQUIREMENTS

Sichikyu / White Belt, 3 Stripes



Punches

- Jab, Reverse Punch Combination

Kata (Form)

- Sanchin
- Kanshiwa

Body Conditioning

- Forearm Conditioning: Choreography
- Leg Conditioning: Choreography

Yakusoku Kumite

- Defensive Sequences #1-5 (no contact)

Bunkai

- Kanshiwa Bunkai: Section 1

Sparring Combinations

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

Terminology & Culture

- See Questions & Answers Sheet

KNOWLEDGE REQUIREMENTS

Sichikyu / White Belt, 3 Stripes



Who was the first Grand Master of Uechi-Ryu?	Grand Master Kanbun Uechi
How do you say, "the way of karate" in Japanese?	Karate-Do
What three animals most greatly influence Uechi-Ryu karate?	Dragon, Tiger, Crane
How do you say, "practice mat" in Japanese?	Tatami
How do you say, "round kick" in Japanese?	Mawashi Geri
How do you say, "to the front" in Japanese?	Shomen
How do you say, "to the back" in Japanese?	Ushiro
How do you say, "to the side" in Japanese?	Yoko
How do you say, "left" in Japanese?	Hidari
How do you say, "right" in Japanese?	Migi
What is a lunge punch from Yakusoku Kumite called?	Oi Zuki
How do you say, "square stance" in Japanese?	Shiko Dachi
What is the traditional name for forearm conditioning?	Kote Kitai
What is the traditional name for leg conditioning?	Ashi Kitai
In a 2-person exercise, what is the attacker referred to as?	Tori
In a 2-person exercise, what is the defender referred to as?	Uke
What does "Bunkai" mean?	Practical Application or Analysis
What rank are you testing for?	Sichikyu