

Northern River Karate School

Curriculum for Adult Kukyu (first stripe)

Standing Meditation

Sanchin Kata

Kotekitae

*Sokuto Geri, Shomen Geri and Mawashi Geri
(from Hojo Undo)*

Kanshiwa Kata

*Kanshiwa Two Person Bunkai**

Kyu Kumite #1, 2 & 3

Questions

*Although we begin studying the *Kanshiwa Two Person Bunkai* at this rank, it is not required for the next test for *Hatchikyu* (second stripe).

Questions may be chosen from the following:

- The teaching lineage of our school is:
Shushiwa taught *Kanbun Uechi* who taught *Kanei Uechi* who taught *George Mattson* who taught *David Mott* who is teaching *Ken Read* who is teaching *you*.

- These are some commonly used terms in the study of Kanshiwa Kata:
 - *Seiken* means fist
 - *Shoken* means first knuckle fist
 - *Shuto* means knife edge of hand
 - *Uraken* means backfist
 - *Hiji* means elbow
 - *Kibi Dachi* means Uechi horse stance
 - *Sokuto Geri* means Uechi side kick
 - *Shomen Geri* means front kick

Grounding: feeling the support of the ground through the feet.

- a) The feet are firmly and directly repositioned in each stance after each step.
- b) The feet plant and then root themselves into the ground (lifted toes or "loose" heels weaken this grounding).
- c) The feet are in a dynamic relationship with ground and body. This means that the energy of intent -incorporating both mindfulness and intrinsic energy (qi) - reaches from the feet into the ground and flows upwards into the whole body.