

Northern River Karate School

Curriculum for Adult Rokkyu

Standing Mediation

Sanchin Kata

Kotekitae

*Tenshin Zensoku Geri,
Tenshin Kosoku Geri,
Tenshin Shoken Tsuki
(from Hojo Undo)*

*Shomen Hajiki (from Hojo Undo)
Koi No Shippo Uchi Tate Uchi and Koi No Shippo
Uchi yoko Uchi
(from Hojo Undo)*

Kanshu Kata

Kanshiwa Four Person Bunkai

Kyu Kumite 1 - 5

Questions

Questions may be chosen from the following:

The Japanese names for the *Dan* (black belt) ranks in *Uechi Ryu* are:

Shodan, Nidan, Sandan, Yondan, Godan, Rokkyudan, Shichidan, Hachidan, Kudan, (Judan).

Power: the natural heaviness in all movement as well the impact of each strike as the body supports the completion of each extension.

- a) The whole body responds and supports the movement as it begins, transits and finishes.
- b) There is an integration of body mechanics and intent.
- c) Movements of the limbs do not occur in isolation from the rest of the body.
- d) Body habits (poor posture etc.) are corrected.
- e) The body supports but does not compensate (i.e. by leaning in an opposite direction) for each movement.
- f) There is an alignment of structure (bone, ligament, tendon and muscle) to support each movement and impact.