

Northern River Karate School

Curriculum for Adult Hatchikyu (second stripe)

Standing Meditation

Sanchin Kata

Kotekitae

Mawashi Tsuki and Shomen Tsuki (from Hojo Undo)

Kanshiwa Kata

Kanshiwa Two Person Bunkai

Kyu Kumite 1, 2 & 3

Questions

Questions may be chosen from the following:

- The original Chinese curriculum of Uechi Ryu Karate is:
Sanchin Kata, Kotekitae, Seisan Kata, Senseiryu Kata.
- Five Principles of Body Mechanics included in Uechi Ryu are:
 1. Coiling and Uncoiling
 2. Compression and Expansion

3. Rising and Sinking
4. Opening and Closing
5. Swallowing and Spitting

■ Centering:

the understanding of the dan tien or belly in karate.

- a) The weight of the body positions itself appropriately in each stance.
- b) All movements connect to and radiate outward from the dan tien. (Reliance upon upper body strength as the primary strength negates the connection to the dan tien.)
- c) General emptiness in the dan tien is usually caused by a lack of intent being placed there or through the presence of tension or fear, both of which will cause the center to rise into the chest area or higher.
- d) All movements are supported by the slight firming or compacting of the dan tien in coordination with the movement to activate the flow of qi.