

Northern River Karate School

Curriculum for Adult Shichikyu (third stripe)

Standing Meditation

Sanchin Kata

Kotekitae

*Shuto Uchi, Uraken Uchi, Shoken Tsuki; Hiji Tsuki;
and Hajiki Uke, Hiraken Tsuki (from Hojo Undo)*

Kanshu Kata

Kanshiwa Four Person Bunkai

Kyu Kumite 1 - 5

Questions

Questions may be chosen from the following:

- The eight *Uechi Ryu Kata* are:
*Sanchin, Kanshiwa, Kanshu, Seichin, Seisan, Seiryu,
Kanchin, Senseiryu.*

Flow: the ease of movement in all of its various "flavours" (the activation of appropriate body mechanics in support of each individual movement).

- a) Tension creates rigid or uneven movement.
- b) The transition from movement to movement or stance to stance needs to occur with fluidity.
- c) The use of individual (not meaning personal) "flavours" creates a rich vocabulary of movement as opposed to a sameness of movement. Sameness arises from the tendency to want to make all movements feel strong in the same way. If the function of each movement is understood and felt, its unique "flavour" will show.