

Northern River Karate School

Curriculum for Adult Beginners

Standing Meditation

Sanchin Kata

Kotekitae

Questions

The test board may choose questions from the following:

- The name of this practice is *Uechi Ryu Karate Do* (way-chee roo kah-rah-tay doh), which means the *Uechi* family's style of the way of the empty hand.
- The three animal archetypes underlining this practice are the Crane, the Dragon and the Tiger
- The numbers one to ten in Japanese are:
Ichi, Ni, San, Shi, Go, Roku, Shichi, Hatchi, Ku, Ju.
- The old Chinese name for *Uechi Ryu Karate* is *Pangainoon* (pwan-gay-noon) which means "half hard, half soft".
- These are some commonly used terms during class Sanchin Kata practice:

- *Kiotsuke* means attention
 - *Rei* means bow
 - *Yoi* means ready
 - *Hajime* means begin
 - *Migi* means right
 - *Hidari* means left
 - *Mawate* means turn
 - *Riote* means double thrusts
 - *Nukite* means spear hand
 - *Boshiken* means thumb knuckle strike
 - *Wa uke* means circle block
 - *Yame* means stop
 - *Sanchin* means three battles
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- The six concepts discussed in David Mott's article, "Quality and Depth in Uechi Ryu Karate Do" under the heading "Body" are:
 - *Grounding*
 - *Centering*
 - *Flow*
 - *Precision*
 - *Power*
 - *Speed*