

Northern River Karate School

Curriculum for Shodan

Standing Meditation

Sanchin

Kotekitae

Hojo Undo

Seiryu

Seisan Bunkai

Dan Kumite

Jiyu Kumite

Questions

Spirit:

- a) Martial spirit is the evidence of martial force manifesting upon the integration of mind and body. There is not simply the demonstration of personal physical prowess but the clear flow of one or all of the collective forces of the martial art. In Uechi-ryu, this includes embodying the martial forces of dragon, crane and tiger.
- b) The Way of Karate comes alive and manifests throughout one's entire life.
- c) The relationship of student to teacher is one of humility and is heartfelt as is the relationship of teacher to student. The teacher/student relationship further includes clarity, vision and compassion.

"The various forms of karate, such as katas, drills, etc., are the means by which all that I have just described occurs. There are no fixed goals in karate that are ever achievable, because the practice of karate would then be limited and perhaps finite. So the last thing I look for is the practitioner's relationship to karate as a student.

I have met many a practitioner who would change or re-arrange the forms to suit their own personal needs, desires or dislikes, not recognizing that to do so effectively deprives them of the inherent understanding that can spontaneously come alive in the practice of these physical movements. Katas have been practiced by many for centuries, and as the student aligns and attunes to them in right relationship, then the understanding of karate can fill each one as the movement is occurring. From this depth of foundation, each person can evolve via karate, which is the very means by which karate evolves."

David Mott