

# Northern River Karate School

## Curriculum for Sankyu, Nikyu and Ichikyu (brown belt)

### *Standing Meditation*

*Sanchin*

*Kotekitae*

*Hojo Undo*

*Seisan Kata*

*Seisan Bunkai*

*Dan Kumite*

*Jiyu Kumite*

*Questions*

### **Mind**

- 1) Intent: the clear commitment to a movement involving both the body and the qi. It is a summoning of all of the resources in an appropriate way.
  - a) Each movement and stance projects and radiates the resources of commitment.
  - b) The eyes (the Uechi "glare") project an intense clarity of

commitment.

- c) There is no self resistance (i.e. dynamic tension) or ambivalence present in movement.

2) Mindfulness: spaciousness and clarity of being.

- a) All aspects of the body are clearly felt.
- b) The body and intent is felt in an integrated way at the same time as an individual movement is also felt.
- c) The function of each movement is understood and informs each movement.
- d) The potential for change is always present in the moment.
- e) One is not distracted by thought or emotion.
- f) The mind is not "set" but flows freely from thing to thing, moment to moment.

3) Self: the body/mind experience of "me-ness" .

- a) One is not conflicted by self-judgment.
- b) Feelings of self are relaxed into mindfulness.
- c) One does not indulge in the pride of self-inflation and glorification.
- d) The bow is practiced with gratitude for the Way of Karate rather than as a formality.
- e) Fear and anger are no longer binding as both solo and partner work take place. They no longer manifest in the clear spaciousness of being.