

## Northern River Karate School

### Blue Belt

For your **First Stripe** you need to know:

#### **Kanshiwa Kata and Kanshiwa Two Person Bunkai**

Question: What does “**Centering**” mean?

Answer: Using the “dan tien” by

- a. proper weighting,
- b. moving from the belly, and
- c. being relaxed and confident

For your **Second Stripe** you need to know:

#### **Kyu Kumite 1-3 and Mawashi Tsuki (from Hojo Undo)**

For your **Third Stripe** you need to know:

#### **Sanchin, Kotekitae and Shomen Tsuki (from Hojo Undo)**

Question 1: What parts of Uechi Ryu Karate come from China?

Answer: **Sanchin Kata, Kotekitae, Seisan Kata and Sanseiryu Kata**

Question: What are the Five Principles of Body Mechanics?

Answer:

1. Coiling and Uncoiling
2. Compression and Expansion
3. Rising and Sinking
4. Opening and Closing
5. Swallowing and Spitting

For your **Red Belt** test you need to know:

**Standing Meditation, Sanchin Kata, Kotekitae, Hojo Undo, Kanshiwa Kata, Kanshiwa Two Person Bunkai, Kyu Kumite 1-3, and Questions**