

Northern River Karate School

Red Belt

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

Kanshu Kata and

Hiji Tsuki (from Hojo Undo)

Question: What does "**Flow**" mean?

Answer: Easy movement, which means

- a. relaxed movements,
- b. smooth movements, and
- c. different feelings for different movements.

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

Kanshiwa Four Person Bunkai and

Shuto Uchi, Uraken Uchi, Shoken Tsuki (from Hojo Undo)

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

Kyu Kumite 1-5,

Sanchin,

Kotekitae and

Hajiki Uke, Hiraken Tsuki (from Hojo Undo)

Question: What are the eight Uechi Ryu Kata?

Answer: **Sanchin, Kanshiwa, Kanshu, Siechin, Siesan, Seiryu, Konchin, Sanseiryu**

For your [Purple Belt](#) test you need to know:

Standing Meditation,

Sanchin Kata,

Kotekitae,

Hojo Undo,

Kanshu Kata,

Kanshiwa Four Person Bunkai,

Kyu Kumite 1-5, and

Questions.