

## Northern River Karate School

### Yellow Belt

For your First Stripe you need to know:

*Kanshiwa Kata and*

*Sokuto Geri (from Hojo Undo)*

Question: What are David Mott's Six Body Concepts?

Answer: **Grounding, Centering, Flow, Precision, Power, Speed.**

For your Second Stripe you need to know:

*Kanshiwa Two Person Bunkai and*

*Shomen Geri (from Hojo Undo)*

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

*Kyu Kumite 1-3,*

*Mawashi Geri (from Hojo Undo),*

*Standing Meditation,*

*Sanchin Kata,*

*Kotekitae*

Question 1: What is your lineage of teachers?

Answer: **Shushiwa** taught

**Kanbun Uechi** who taught

**Kanei Uechi** who taught

**George Mattson** who taught

**David Mott** who is teaching

**Ken Read** who is teaching me.

Question 2: What does "**Grounding**" mean?

Answer: Feeling the support of the ground through my feet  
by:

- a. having good foot positions
  - b. rooting my feet, and
  - c. feeling energy reach into the ground and flow up into my body.
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For your [Blue Belt](#) test you need to know:

**Standing Meditation,**

**Sanchin Kata,**

**Kotekitae,**

**Hojo Undo,**

**Kanshiwa Kata,**

**Kyu Kumite 1-3,**

**Questions.**