

Northern River Karate School

Children's Curriculum

WHITE BELT

For your First Stripe you need to know:

Bowing and Dojo Etiquette, Sanchin Stance and Sanchin Thrusts - left and right, and Questions:

Question 1: What is the name of this martial art?

Answer: **Uechi Ryu Karate Do** (sounds: "way-chee roo kah-rah-teh doh")

Question 2: What does that mean?

Answer: **The Uechi family's style of the way of the empty hand.**

Question 3: What are the three animals of Uechi Ryu Karate?

Answer: **Crane, Dragon, Tiger**

For your First Stripe you need to know:

Sanchin Footwork: Sliding, Stepping, Turning, Sanchin Double Thrusts, Sanchin Circles, Closed Gate, and Questions:

Question 1: Count to ten in Japanese.

Answer: **Ichi, Ni, San, Shi, Go, Roku, Shichi, Hatchi, Ku, Ju.**

Question 2: What is the old Chinese name for Uechi Ryu Karate Do?

Answer: **Pangainoon** (sounds "pwahn-gay-noon")

Question 3: What does Pangainoon mean?

Answer: **Half hard, half soft.**

For your Third Stripe you need to know:

Good Karate Attitude, Standing Meditation, Sanchin Kata, Kotekitae, Questions:

Kiotsuke means attention, **Rei** means bow, Sanchin means three battles, **Migi** means right, **Hidari** means left, **Yoi** means ready, **Hajime** means begin, **Nukite** means spear-hand, **Mawate** means turn, **Riote** means double thrusts, **Wa uke** means circle block, **Boshiken** means thumb knuckle strike, **Yame** means stop.

For your **Yellow Belt** test you will need to know:
**Standing Meditation, Sanchin Kata, Kotekitae and
Questions**