

## UECHI CONCEPTS CHEAT SHEET

1<sup>st</sup> stripe/yellow belt

Question: 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.

2<sup>nd</sup> stripe/blue belt

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

3<sup>rd</sup> stripe/red belt

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

Answer: Easy movement, which means

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

rokkyu/purple belt

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

Answer: Heavy movements and effective hits by

- a. hitting with the whole body, with
- b. glare,
- c. good posture,
- d. good stances, and
- e. good technique.