

GENERAL KNOWLEDGE

Uechi-ryu/ Shohei-ryu Karatedo

Okinawan Karate School

REQUIRED FOR NANAKYU (BLUE STRIPE)		
1	What is a place for karate training called in Japanese?	Dojo
2	On what three animals are the movements of our <i>Karate</i> style based?	The Tiger, Crane, and Dragon
3	How do you count to ten in Japanese or <i>Nihongo</i> ?	Ich, Nee, San, Chee, Go, Rook, Sich, Hach, Kyu, Jyu
4	What are teachers in the <i>dojo</i> called?	Sensei
5	What does the word " <i>Karate</i> " mean?	Empty Hands (self-defense without weapons)
6	What does the word " <i>Sanchin</i> " mean?	Three Battles
7	What is the uniform and belt called in Japanese?	Gi (Uniform) and Obi (Belt)
8	What do the keywords in the Dojo Code of conduct mean?	<p>Respect - Treating everyone and everything in the dojo with courtesy and consideration.</p> <p>Self-defense - Developing self-control to use martial arts skills for protection ONLY.</p> <p>Perseverance - Succeeding through dedication, hard work and always doing your best.</p> <p>Honor - Developing a sense for right and wrong and choosing what is right.</p> <p>Responsibility - Learning to take action when something needs to be done and accepting the results of your actions.</p>
REQUIRED FOR ROKKYU (BLUE BELT)		
1	How do students qualify for rank testing?	They must: 1) learn the required skills for the rank, 2) demonstrate appropriate development in mind, body and spirit, 3) attend a minimum number of classes.
2	What does " <i>Go kura sama</i> " mean?	Thank you for working hard and doing your best.
3	What does " <i>Domo arigato gozai mashda</i> " mean?	Thank you very much
4	What is your present rank?	Nanakyu (Changes with each promotion)
5	What rank are you testing for?	Rokkyu (Changes with each promotion)
6	How do you say "right foot forward" in Japanese?	Migi ashi mae
7	How do you say "left foot forward" in <i>Nihongo</i> ?	Hidari ashi mae
8	What is the name of the style of Karate you are studying?	Shohei-Ryu Karatedo (also known as Uechi-Ryu Karatedo)
9	What are the five goals of <i>Sanchin</i> development?	<ul style="list-style-type: none"> > Learning and integrating all parts of the primary STANCE and defensive position > Mastery of the proper BREATHING method > Training of penetrating EYES and acute insight > Cultivation of spiritual CONCENTRATION and focus > Development of a strong BODY

REQUIRED FOR GOKYU (GREEN STRIPE)		
1	What does the word " <i>Shohei</i> " mean?	Sho - to shine or bright, Hei - peace, fairness, equality
2	What does the word " <i>Ryu</i> " mean	Style
3	What is the name of the association which governs <i>Shohei-Ryu Karatedo</i> around the world?	The Okinawa Karate-Do Association or OkikuKai
4	What does <i>O-negai shimas</i> mean?	"Please do me this favor" or "May I have your attention"
5	Who are the Owners and Chief Instructors of the Okinawan Karate School?	Senseis Mark and Connie Flynn
6	What is considered the single most important aspect of <i>Karate</i> training?	Sanchin Kata
7	What does the word " <i>Kata</i> " mean?	Shape or Pattern
8	How do you say "begin" and "stop" in <i>Nihongo</i> ?	Begin - <i>Hajime</i> , Stop - <i>Yame</i>
REQUIRED FOR YONKYU (GREEN BELT)		
1	What three elements are students judged on in rank testing?	Form, strength and spirit
2	What is the meditation performed at the end of each class called and what is it's purpose?	Mokuso is performed to relax and clear the mind.
3	What are Sensei Mark's and Sensei Connie's Ranks?	Sensei Mark - Rokkudan (6th degree black belt) Sensei Connie - Godan (5th degree black belt)
4	What does the word " <i>Senpai</i> " mean?	Senior student
5	What does " <i>Yakusoku Kumite</i> " mean?	Prearranged Sparring (sparring drills)
6	What does " <i>Jiyu Kumite</i> " mean?	Freestyle Sparring
7	What is the meaning of the "Sanchin Knot?"	The right fist represents martial arts skill , the left hand represents control .
8	What is the purpose of the <i>Kiai</i> ?	To add focus and spirit to technique, and to break an opponent's concentration.
9	What are the first five black belt ranks (from first to fifth degree) in <i>Nihongo</i> ?	Shodan, Nidan, Sandan, Yondan, and Godan
REQUIRED FOR SANKYU (BROWN STRIPES)		
1	What does the word " <i>do</i> " mean?	Way or Path
2	What qualities are symbolized by the Tiger, Dragon and Crane in <i>Shohei-ryu/ Uechi-ryu Karatedo</i> ?	Tiger - Strength and Vigor Crane - Softness and Gracefulness Dragon - Swiftness and Unpredictability
3	What are the ten <i>Kyu</i> ranks (from tenth to first level) in Japanese?	Jyukyū, Kyūkyū, Hachikyū, Nanakyū, Rokkyū, Gokyū, Yonkyū, Sankyū, Nikyū, Ikkyū
4	Who created <i>Sanchin kata</i> ?	Bodhi Dharma (a Zen priest from India)
5	What are the Japanese words for punch, kick and strike?	Tsuki, geri and uchi
6	What are the two known former names of the style you are studying?	Uechi-Ryu and Pan-gai-noon

7	What does “ <i>Pan-gai-noon</i> ” mean?	Hard and Soft
8	Who were the first and second Grand Masters of <i>Uechi-Ryu/ Shohei-Ryu Karatedo</i> ?	Uechi Kanbun (1 st) and Uechi Kanei (2 nd)
9	Why was/ is our style called Uechi-Ryu?	It was named after Grandmaster Uechi Kanbun
10	What are the four characteristic techniques used in <i>Shohei-Ryu/ Uechi-Ryu Karatedo</i> ?	Shoken (single-knuckle punch) Wa-uke (circular block) Sokusen (toe kick) Nukite (spear hand)
11	What does Bunkai mean?	Analysis
REQUIRED FOR NIKYU (BROWN BELT)		
1	What is the correct breathing method used in <i>Sanchin Kata</i> ?	Breathing-in through the nose (not with striking movements.) Breathing-out with short burst through the mouth (with striking movements, making a “ hissing ” sound.) Besides exhaling with strikes, the timing of breathing should be natural.
2	How do you say “excuse me” in <i>Nihongo</i> ?	Sumi masen
3	How do you say “Please do” or “Be my guest” in <i>Nihongo</i> ?	Dozo
4	Where did <i>Kanbun Uechi</i> study Pan-gai-noon?	Fujian Province, Southern China
5	What is the meaning of <i>Kime</i> ?	A sudden burst of energy, focusing the forces of the mind, body and spirit on a point. <i>Kime</i> combines muscle contraction, breath, technique, speed, timing, and distancing.
6	What rank is reserved for Black Belts that are less than 15 years of age?	Jun Shodan
7	How long was <i>Kanbun Uechi</i> in China?	13 years (1897 to 1910)
8	Who was <i>Kanbun Uechi's</i> teacher?	A Shaolin priest named <i>Shu Shi Wa</i>
9	What are the five Master ranks (from sixth to tenth degree)?	Rokudan, Nanadan, Hachidan, Kyudan, and Jyudan
10	What does “ <i>Wakarimasen</i> ” mean?	“ I do not understand ” or “ I do not know ”
REQUIRED FOR IKKYU (BLACK STRIPES)		
1	How do you say “well done” in <i>Nihongo</i> ?	Jozu
2	Who are the Senior Advisors to the <i>OkikuKai</i> ?	Ryuko Tomoyose (<i>Hanshi Jyudan</i>), Shintoku Takara (<i>Hanshi Jyudan</i>), Tsutomu Nakahodo (<i>Hanshi Jyudan</i>), Hiroshi Inada (<i>Hanshi Jyudan</i>) and Toshio Higa (<i>Hanshi Kyudan</i>)
3	What blocking element separates <i>Shohei-Ryu/ Uechi-Ryu</i> from other Okinawan Karate styles?	Nigiru or Tskande (grabbing or holding)
4	What are the three main/original <i>kata</i> ?	Sanchin, Seisan, and Sanseiryu
5	What are the other six <i>kata</i> in <i>Shohei-ryu</i> ?	Kanshiwa, Kanshu, Seichin, Seiryu, Kanchin, and Ryuko
6	What are the names and ranks of Senseis Mark’s and Connie’s teachers?	Sensei Shigeru Takamiyagi (<i>Hanshi Kyudan</i>), and Sensei Toshio Higa (<i>Hanshi Kyudan</i>)

7	Who was the original owner of the Okinawan Karate School in Pittsfield?	Sensei Frank Gorman
8	When was the Okinawan Karate School first established?	1972
9	Who is the Technical Advisor to the Pittsfield Dojo?	Sensei Walter Mattson (Hanshi Kyudan)
10	What is the headquarters of the <i>OkikuKai</i> in Okinawa called?	The <i>Kenshukai</i>
11	Where is Sensei Takamiyagi's dojo?	<i>Chatan-Cho, Okinawa</i>
REQUIRED FOR SHODAN (BLACK BELT) & JUN SHODAN (JUNIOR BLACK BELT)		
1	What does <i>Zanshin</i> mean?	Total awareness.
2	What does <i>Mushin</i> mean?	Complete clarity of the mind.
3	What is the purpose of the <i>Sanchin Gami</i> or Jars?	To develop strength (especially in the hands and arms.)
4	What are the three Master Titles?	<i>Renshi</i> (for Rokudan) <i>Kyoshi</i> (for Nanadan and Hachidan) <i>Hanshi</i> (for Kyudan and Jyudan)
5	When was the Okinawa Karatedo Association or <i>OkikuKai</i> formed?	1989
6	What are the dates when <i>Uechi-Ryu's</i> first two grand masters began teaching?	<i>Uechi Kanbun</i> - 1908 (China) <i>Uechi Kanei</i> - 1940 (Japan)
7	Where and when did <i>Uechi Kanei</i> begin his study of <i>Karate</i> ?	Wakayama Prefecture in Japan in 1930
8	What are the life-span dates of <i>Uechi-Ryu's</i> first two grand masters?	<i>Uechi Kanbun</i> - 1877 to 1948 <i>Uechi Kanei</i> - 1911 to 1991
9	Give the years for when the terms " <i>Uechi-Ryu</i> " and " <i>Shohei-Ryu</i> " were each first used?	<i>Uechi-Ryu</i> - 1940 <i>Shohei-Ryu</i> - 1995
10	What are the Japanese words for the Dojo Code?	<i>Sonkei</i> - Respect <i>Mamorimas</i> - Self-defense <i>Ganbarimas</i> - Perseverance <i>Meiyo</i> - Honor <i>Sekinin</i> - Responsibility
11	What are the three "major" styles of Karate in Okinawa today?	<i>Shohei-ryu (Uechi-ryu), Goju-ryu, Shorin-ryu</i>
12	What is the meaning of <i>Bushido</i> or the Warrior Spirit?	To train the mind, body and spirit to be pure and strong.
13	What are the three <i>Bunkai(s)</i> in <i>Shohei-Ryu</i> ?	<i>Kanshiwa Bunkai, Seisan Bunkai, and Sanseiryu Bunkai.</i>
	What are the Japanese words for Tiger, Crane and Dragon?	Tiger - <i>Tora (or Ko)</i> , Crane - <i>Tsuru</i> , Dragon - <i>Ryu</i>

Note: Advanced ranks should research additional history, terminology, and understanding through independent study. Supplemental dojo resources include the handouts: the **Welcome sheet**, the **Dojo Rules**, **Hojo Undo & Junbi Undo**, **Being the Sempai**, and **Test Preparation**. Students may also find past newsletter articles and the dojo website (www.pittsfielddojo.com) helpful.