

Uechi-Ryu Karate

Adult Rank Requirements

Okinawan Karate School

Students must satisfy requirements in attendance, dojo etiquette, and development of karate skills for each rank level. Students and parents should focus on the requirements for each rank, and leave the decision of when to test to the instructors. **The Chief Instructors will notify the student when they are to be tested for promotion** (it is considered poor etiquette to inquire about testing.) Testing for *Kyukyu* (9th level) to *Rokkyu* (6th level) is performed informally during class, and testing for *Gokyu* (5th level) and above is performed formally by appointment.

RANK	BELT	ETIQUETTE/ KNOWLEDGE	TECHNIQUES	KATA	KUMITE	FEE
JUKYU (10 th level)	White	---	---	---	---	---
KYUKYU (9 th level)	White with yellow stripe	A & B	A	---	Yakusoku 1	\$5
HACHIKYU (8 th level)	Yellow	A, B & C	A & B	Sanchin	Yakusoku 1 & 2	\$10
NANAKYU (7 th level)	Yellow with Blue stripe	General Knowledge 1	A, B & C	Sanchin	Yakusoku 1 - 3	\$15
ROKKYU (6 th level)	Blue	General Knowledge 1&2	A, B & C Kitae A	Sanchin Kanshiwa	Yakusoku 1 - 4 Jiyu (Sparring)	\$20
GOKYU (5 th level)	Blue with Green stripe	General Knowledge 1-3	A, B & C Kitae A & B	Sanchin Kanshiwa	Yakusoku 1-5 Jiyu	\$25
YONKYU (4 th level)	Green	General Knowledge 1-4	Hojo Undo Kitae A-C	Sanchin Kanshu	Yakusoku 1-6 Jiyu	\$30
SANKYU (3 rd level)	Green with Brown Stripe	General Knowledge 1-5	Hojo Undo Kitae A-C	Sanchin Kanshu Kanshiwa Bunkai	Yakusoku 1-7 Jiyu	\$35
NIKYU (2 nd level)	Brown	General Knowledge 1-6	Hojo Undo Kitae A-C	Sanchin Seichin Kanshiwa Bunkai	Yakusoku 1-8 Jiyu	\$40
IKKYU (1 st level)	Brown with Black Stripe	General Knowledge 1-7	Hojo Undo Kitae A-C	Sanchin Seisan Kanshiwa Bunkai	Yakusoku 1-10 Jiyu	\$45
SHODAN/ JUN SHODAN	Black ⁽⁴⁾	General Knowledge	Hojo Undo Kitae A-C	Sanchin Seisan Seisan Bunkai	Yakusoku 1-10 Jiyu	See Instr.

Notes:

- 1.) Additional details on rank requirements are on the back of this sheet.
- 2.) Students are required to wear **approved** sparring pads for *Jiyu Kumite* (free sparring) in *Rokkyu* (6th level) test and above. Students should acquire sparring pads as early as possible to begin preparing for this aspect of the rank requirements.
- 3.) Test fees are due following informal tests and prior to formal tests.
- 4.) The Rank of *Jun Shodan* or Junior Black Belt is reserved for students age 14 and under who satisfy the requirements for first degree Black Belt.

ETIQUETTE/KNOWLEDGE

A	Dojo Code	<ol style="list-style-type: none"> 1. I will treat the dojo and everyone in it with RESPECT. 2. I will ALWAYS DO MY BEST in class and follow instructions carefully. 3. I will only use my karate skills for SELF-DEFENSE if I need to. 4. Through Karate training, I will develop HONOR, and learn to make intelligent choices. 5. I will take RESPONSIBILITY for my own needs while preparing for class and in the dojo, and accept the results of my actions. 						
B	Basic Positions	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Kiotsuke - Attention</td> <td style="width: 50%;">Anza - Cross-leg sitting</td> </tr> <tr> <td>Rei - Standing Bow</td> <td>Mokuso - Eyes closed/ relaxation</td> </tr> <tr> <td>Seiza - Kneeling</td> <td>Zarei - Kneeling Bow</td> </tr> </table>	Kiotsuke - Attention	Anza - Cross-leg sitting	Rei - Standing Bow	Mokuso - Eyes closed/ relaxation	Seiza - Kneeling	Zarei - Kneeling Bow
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C	5 Factors of Sanchin Development	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">To develop and integrate the primary defensive Stance</td> <td style="width: 50%;">To develop penetrating Eye and acute insight</td> </tr> <tr> <td>To master the proper Breathing method</td> <td>To foster intense Concentration and focus</td> </tr> <tr> <td></td> <td>To build pliable Strength in the entire Body</td> </tr> </table>	To develop and integrate the primary defensive Stance	To develop penetrating Eye and acute insight	To master the proper Breathing method	To foster intense Concentration and focus		To build pliable Strength in the entire Body
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TECHNIQUES

A	<p>Dragon Stance (Sanchin Dachi) Horse Riding Stance (Kiba Dachi) Tiger Claw Guard (Hirate Kamae) Spear Hand Position (Sanchin Kamae) Circle Block (Wa Uke) Palm Block (Shotei Uke)</p>	<p>Cannon-Ball Fist Punch (Seiken Tsuki) One-knuckle Punch (Shoken Tsuki) Flat Fist Punch (Hiraken Tsuki) Hook Punch (Mawashi Tsuki) Front Kick (Shomen Geri) Side Kick (Sokuto Geri)</p>
B	<p>Tiger Stance (Neko Ashi Dachi) Straddle Stance (Shiko Dachi) Low Block (Gedan Uke) Middle Block (Chudan Hajiki Uke) High Block (Jodan Hajiki Uke)</p>	<p>Palm Strike (Boshiken Tsuki) Sword Hand Strike (Shuto Uchi) Back-fist Strike (Uraken Uchi) Knee Block (Hiza Uke) Round Kick (Mawashi Geri)</p>
C	<p>Crane Stance (Sagi Ashi Dachi) Spearhand Strike (Nukite Uchi) Finger Strike (Shome Hajike) Front Stance (Zen Kutsu Dachi) Upwards Elbow Strike (Tate Hiji Tsuki) Swinging Elbow Strike (Yoko Hiji Tsuki)</p>	<p>Wrist Blocks (Tate Uchi) Cross Block (Watari Uke) Back Kick (Ushiro Geri) Short Punch (Jun Tsuki) Reverse Punch (Gyaku Tsuki)</p>

HOJO UNDO (TECHNIQUE COMBINATIONS)

<p>Sokuto Geri (Circle-block/ Side Snap-Kick) Shomen Geri (Circle-block/ Front Snap-Kick) Mawashi Tsuki (Circle-block/ Hook-Punch) Hajike Uke Haraken Tsuki (High Block/ flat-fist Punch/ Middle Block/ Punch) Seiken Tsuki Shotei Uke (Circle-block/ Cannon-Ball Punch/ Palm Block/ Cannon-Ball Punch) Shuto Uchi Ura Uchi Shoken Tsuki (Circle-block/ Chop/ Backfist/ one-Knuckle Punch) Hiji Tsuki (Circle-block/ Elbow Strikes)</p>	<p>Tension Zensoko Geri (Tension-Step/ Circle-block/ Front Leg Kick) Tension Kosoko Geri (Tension-Step/ Circle-block/ Rear Leg Kick) Tension Shoken Tsuki (Tension Step/ Circle-block/ Single-Knuckle Punch) Shomen Hajike (Slide-Step/ Finger-Strike) Koi no Shippo Uchi Tata Uchi (Four-way Wrist-Strikes) Koi no Shippo Uchi Yoko Uchi (Fish-tail Wrist-Strikes) Hiza Uke Mawashi Geri (knee block/ round kick)</p>
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KITAE/ CONDITIONING DRILLS

1	Circle Block (Wa-uke)	2	Arm Conditioning (Kote-Kitae)	3	Leg Conditioning (Ashi-Kitae)
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