

Uechi-Ryu Karate

Dragons 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 *Gokyu* (5th level) is performed informally during class, and testing for *Yonkyu* (4th 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 Mijikai	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 A Kitae A-C	Sanchin Kanshu Mijikai	Yakusoku 1-6 Jiyu	\$30
SANKYU (3 rd level)	Green with Brown Stripe	General Knowledge 1-5	Hojo Undo A & B 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 Mijikai 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 Seichin Kanshiwa Bunkai	Yakusoku 1-9 Jiyu	\$45
SEMPAI	Brown and Black	General Knowledge 1-9	Hojo Undo Kitae A-C	Sanchin Seisan Kanshiwa Bunkai	Yakusoku 1-10 Jiyu	\$60

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 *Sempai* is reserved for students over the age of 12 who exhibit exemplary dojo conduct and leadership among their peers.

ETIQUETTE/KNOWLEDGE		
A	Dojo Code	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 ever need to. 4. Through Karate training, I will develop HONOR , and learn to make good 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	Kiotsuke - Attention Rei - Standing Bow Seiza - Kneeling Anza - Cross-leg sitting Mokuso - Eyes closed/ relaxation Zarei - Kneeling Bow
C	5 Factors of Sanchin Development	To build a Strong Body To develop a defensive Stance To master "Dragon Breathing" To develop the "Tigers Eye" or penetrating eye To foster intense Concentration and focus

TECHNIQUES		
A	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)	Cannon-Ball Fist Punch (Seiken Tsuki) One-knuckle Punch (Shoken Tsuki) Tiger Paw/ Flat Fist Punch (Hiraken Tsuki) Hook Punch (Mawashi Tsuki) Front Kick (Shomen Geri) Side Kick (Sokuto Geri)
B	Tiger Stance (Neko Ashi Dachi) Straddle Stance (Shiko Dachi) Low Block (Gedan Uke) Middle Block (Chudan Hajiki Uke) High Block (Jodan Hajiki Uke)	Palm Strike (Boshiken Tsuki) Sword Hand Strike (Shuto Uchi) Back-fist Strike (Uraken Uchi) Knee Block (Hiza Uke) Round Kick (Mawashi Geri)
C	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)	Wrist Blocks (Tate Uchi) Cross Block (Watari Uke) Back Kick (Ushiro Geri) Short Punch (Jun Tsuki) Reverse Punch (Gyaku Tsuki)

HOJO UNDO (TECHNIQUE COMBINATIONS)		
A	Sokuto Geri (Circle-block/ Side Snap-Kick) Shomen Geri (Circle-block/ Front Snap-Kick) Mawashi Tsuki (Circle-block/ Hook-Punch)	Seiken Tsuki Shotei Uke (Circle-block/ Cannon-Ball Punch/ Palm Block/ Cannon-Ball Punch) Shomen Hajike (Slide-Step/ Finger-Strike) Koi no Shippo Uchi Tata Uchi (Four-way Wrist-Strikes)
B	Hajike Uke Haraken Tsuki (High Block/ flat-fist Punch/ Middle Block/ Punch) Shuto Uchi Ura Uchi Shoken Tsuki (Circle-block/ Chop/ Backfist/ one-Knuckle Punch) Hiji Tsuki (Circle-block/ Elbow Strikes)	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) Koi no Shippo Uchi Yoko Uchi (Fish-tail Wrist-Strikes)

KITAE/ CONDITIONING DRILLS					
1	Circle Block (Wa-uke)	2	Arm Pounding (Kote-Kitae)	3	Leg Pounding (Ashi-Kitae)