

GENERAL KNOWLEDGE

Uechi-ryu/ Shohei-ryu Karatedo

Okinawan Karate School

| REQUIRED FOR NANAKYU (BLUE STRIPE) | | |
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| 1 | What is a place for karate training called in Japanese? | Dojo |
| 2 | On what three animals are the movements of <i>Shohei-Ryu Karate</i> based? | Tiger, Crane, and Dragon |
| 3 | How do you count to ten in Japanese? | Ich, Nee, San, Chee, Go, Rook, Sich, Hach, Kyu, Jyu |
| 4 | What should teachers in the <i>dojo</i> be 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 | What does " <i>Go kura sama</i> " mean? | Thank you for working hard and doing your best. |
| 2 | What does " <i>Domo arigato gozai mashda</i> " mean? | Thank you very much |
| 3 | What is your present rank? | Nanakyu (Changes with each promotion) |
| 4 | What rank are you testing for? | Rokkyu (Changes with each promotion) |
| 5 | How do you say "right foot forward" in Japanese? | Migi ashi mae |
| 6 | How do you say "left foot forward" in <i>Nihongo</i> ? | Hidari ashi mae |
| 7 | What is the name of the style of Karate you are studying? | Shohei-Ryu Karatedo (also known as Uechi-Ryu Karatedo) |
| 8 | 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 > 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 |

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| 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 <i>OkikuKai</i> |
| 4 | What does <i>O-negai shimas</i> mean? | " Please do me this favor " or for training " Please watch this " |
| 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 - Hajime, Stop - Yame |
| 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? | <i>Mokuso</i> is performed to relax and clear the mind. |
| 3 | What are Sensei Mark's and Sensei Connie's Ranks? | Sensei Mark - <i>Rokkudan</i> (6th degree black belt) Sensei Connie - <i>Yondan</i> (4th 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? | <i>Jyukyū, Kyūkyū, Hachikyū, Nanakyū, Rokkyū, Gokyū, Yonkyū, Sankyū, Nikyū, Ikkyū</i> |
| 4 | Who created <i>Sanchin kata</i> ? | <i>Bodhi Dharma</i> (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? | <i>Uechi-Ryu</i> and <i>Pan-gai-noon</i> |
| 7 | What does " <i>Pan-gai-noon</i> " mean? | Hard and Soft |

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| 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>) |

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| 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> ? | 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 <i>Karate</i> 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.