

# GENERAL KNOWLEDGE

## Okinawan Uechi-Ryu Karatedo

*Kyoseikan Dojo, Grand Rapids, MI*

### “A” - KYUKYU (YELLOW STRIPE)

1	What should the student do when an instructor is teaching?	<b>Focus and listen carefully</b>
2	What should the student do if they have a question or comment for the instructor?	<b>Raise their hand and wait until called upon.</b> They must also understand that waiting for the right time for comments and questions is important
3	What are the basic positions of dojo etiquette? (The student must demonstrate each position)	<b>Kiotsuke</b> (attention), <b>Rei</b> (Standing Bow), <b>Anza</b> (Cross-leg Sitting), <b>Seiza</b> (Kneeling), <b>Mokuso</b> (Eyes Closed Relaxation), <b>Zarei</b> (Kneeling Bow)
4	Should students (or their parents) ask about when they will be promoted?	<b>No.</b> Instead, they should focus on good attendance, working hard, and being enthusiastic about learning.
5	At the end of each class the instructor says " <b>Go kura sama.</b> " What does this mean?	<b>Thank you for working hard and doing your best</b>
6	At the end of each class the students say " <b>Domo arigato gozai mashta.</b> " That means?	<b>Thank you very much</b>
7	Escape Techniques	<b>Front Choke, Single Wrist Grab</b>

### “B” - HACHIKYU (YELLOW BELT)

1	What is a place for Karate training called in Japanese?	<b>Dojo</b>
2	What are teachers in the <i>dojo</i> called?	<b>Sensei</b>
3	What is the uniform and belt called in Japanese?	<b>Gi</b> (Uniform) and <b>Obi</b> (Belt)
4	What are the “keywords” in the first half of the <b>Dojo Code</b> of behavior?	<b>Respect, Self-defense, Perseverance, Honor, &amp; Responsibility</b>
5	How can the student be successful in their training?	<b>By having a positive attitude and doing their best in every class.</b>
6	What is the proper way to tie the belt?	The student must demonstrate (see the <b>Welcome Sheet</b> or instructors for assistance.)
7	Escape Techniques	<b>Front Bear Hug (Arms Out), Crossed Wrist Grab</b>

### “C” - NANAKYU (BLUE STRIPE)

1	When should students bow in the dojo?	<ol style="list-style-type: none"> <li>1) When entering or leaving the training room</li> <li>2) When greeting an Instructor or Senior Student</li> <li>3) When starting or finishing a formal exercise</li> <li>4) After help from a Sensei or Senior Student</li> </ol>
2	On what three animals are the movements of our <i>Karate</i> style based?	The <b>Tiger, Crane, and Dragon</b>
3	What do the keywords in first half of the <b>Dojo Code</b> of conduct mean?	<p><b>Respect</b> - Treating everyone in the dojo with courtesy and consideration.</p> <p><b>Self-defense</b> - Developing self-control to use martial arts skills for protection <b>ONLY</b>.</p> <p><b>Perseverance</b> - Succeeding through dedication, hard work, and always doing your best.</p> <p><b>Honor</b> - Developing a sense for right and wrong and choosing what is right.</p> <p><b>Responsibility</b> - Learning to take action when things need to be done and accepting your results.</p>
4	How do you count to ten in Japanese or <i>Nihongo</i> ?	<b>Ich, Nee, San, Chee, Go, Rook, Sich, Hach, Kyu, Jyu</b>
5	How can each student help to make the dojo a clean and pleasant place to learn?	<b>By keeping themselves and their equipment neat and clean</b>
6	What does the word " <i>Karate</i> " mean?	<b>Empty Hands</b> (self-defense without weapons)
7	What does the word " <i>Sanchin</i> " mean?	<b>Three Battles</b>

8	How can the student be courteous in the dojo?	<b>By using good manners and consideration for the instructors and other students.</b>
9	Escape Techniques	<b>Haymaker/Sucker Punch, Front Bear Hug (Arms In)</b>
<b>“D” - ROKKYU (BLUE BELT)</b>		
1	How do students qualify for a rank promotion test?	They must: <b>1)</b> know the required skills and knowledge <b>2)</b> demonstrate development of mind, body and spirit <b>3)</b> attend the required minimum number of classes
2	What does " <b>Go kura sama</b> " mean?	<b>Thank you for working hard and doing your best</b>
3	What does " <b>Domo arigato gozai mashta</b> " mean?	<b>Thank you very much</b>
4	What is your present rank in Japanese?	<b>Nanakyu</b> (Changes with each promotion)
5	How do you say "right foot forward" in Japanese?	<b>Migi Ashi Mae</b>
6	How do you say "left foot forward" in <i>Nihongo</i> ?	<b>Hidari Ashi Mae</b>
7	What is the name of the style of Karate you are studying?	<b>Uechi-Ryu Karatedo</b> (also known as <b>Shohei-Ryu</b> )
8	What are the five goals of <i>Sanchin</i> development (also known as the "five factors" of Sanchin)?	<ul style="list-style-type: none"> <li>&gt; Learning and integrating all parts of the primary <b>STANCE</b></li> <li>&gt; Mastery of the proper <b>BREATHING</b> method</li> <li>&gt; Developing penetrating <b>EYES</b> and acute insight</li> <li>&gt; Cultivation of spiritual <b>CONCENTRATION</b> and focus</li> <li>&gt; Developing pliable <b>STRENGTH</b> in the body</li> </ul>
9	Escape Techniques	<b>Rear Choke, Full Nelson</b>
<b>“E” - GOKYU (GREEN STRIPE)</b>		
1	Why is our style called Uechi-Ryu?	It was named after Grandmaster <b>Uechi Kanbun</b>
2	What does the word " <i>Shohei</i> " mean?	<b>Sho</b> - to shine or bright, <b>Hei</b> - peace, fairness, equality
3	What does the word " <i>Ryu</i> " mean	<b>Style</b>
4	What is the name of the association which governs <i>Shohei-Ryu Karatedo</i> around the world?	The <b>Okinawa Karate-Do Kyokai (Association)</b> or <b>OkikuKai</b>
5	What does <i>O-negai shimas</i> mean?	<b>"May I have your attention" or "Please do me this favor"</b>
6	Who are Sensei Chris's teachers?	<b>Senseis Mark and Connie Flynn</b>
7	What is considered the single most important aspect of <i>Karate</i> training?	<b>Sanchin Kata</b>
8	What does the word " <i>Kata</i> " mean?	<b>Shape or Pattern</b>
9	How do you say "begin" and "stop" in <i>Nihongo</i> ?	<b>Hajime</b> - Begin, <b>Yame</b> – Stop
10	What are the "keywords" in the second half of the <b>Dojo Code</b> of behavior?	<b>Dedication, Patience, Courage, Self-Control, &amp; Humility</b>
11	Escape Techniques	<b>Rear Bear Hug (Arms In), Headlock</b>
<b>“F” - YONKYU (GREEN BELT)</b>		
1	What three elements are students judged on in rank testing?	<b>Form, strength and spirit</b>
2	What is the meditation performed at the end of each class called and what is its purpose?	<b>Mokuso</b> is performed to relax and clear the mind.
3	What is Sensei Chris's rank?	<b>sandan</b> (3rd degree black belt)
4	What does the word " <i>Senpa</i> " mean?	<b>Senior student</b>
5	What does " <i>Yakusoku Kumite</i> " mean?	<b>Prearranged Sparring</b> (sparring drills)
6	What does " <i>Jiyu Kumite</i> " mean?	<b>Freestyle Sparring</b>
7	What is the meaning of the "Sanchin Knot"?	The right fist represents <b>martial arts skill</b> , the left hand represents <b>control</b> .
8	What is the purpose of the <i>Kiai</i> ?	<b>To add focus and spirit to technique, and to break an opponent's concentration.</b>

9	What are the first five adult black belt ranks (from first to fifth degree) in <i>Nihongo</i> ?	<b>Shodan, Nidan, Sandan, Yondan, and Godan</b>
10	What do the keywords in second half of the <b>Dojo Code</b> of conduct mean?	<b>Dedication</b> - Commitment to prompt and consistent class attendance, and following instructions <b>Patience</b> - Understanding that important achievements require time and hard work <b>Courage</b> - The ability to stay calm, focus and perform under pressure <b>Self-Control</b> - The ability to control behavior and emotions in order to achieve goals <b>Humility</b> - Being modest and respectful towards others
11	Escape Techniques	<b>Single Lapel Grab, Shoulder Grab</b>
<b>“G” - SANKYU (BROWN STRIPES)</b>		
1	What does the word " <i>do</i> " mean?	<b>Way</b> or Path
2	What qualities are symbolized by the Tiger, Dragon and Crane in <i>Shohei-ryu/ Uechi-ryu Karatedo</i> ?	<b>Tiger</b> - Strength and Intensity <b>Crane</b> - Softness and Gracefulness <b>Dragon</b> - Swiftness and Unpredictability
3	What are the ten <i>Kyu</i> ranks (from tenth to first level) in Japanese?	<b>Jyukyu, Kyukyu, Hachikyu, Nanakyu, Rokkyu, Gokyu, Yonkyu, Sankyu, Nikyu, Ikkyu</b>
4	Who created <i>Sanchin kata</i> ?	<b>Bodhi Dharma</b> (a Zen priest from India)
5	What are the Japanese words for punch, kick and strike?	<b>Tsuki, geri and uchi</b>
6	What are the two known former names of the style you are studying?	<b>Uechi-Ryu</b> and <b>Pan-gai-noon</b>
7	What does " <i>Pan-gai-noon</i> " mean?	<b>Hard and Soft</b>
8	Who were the first and second Grand Masters of <i>Uechi-Ryu/ Shohei-Ryu Karatedo</i> ?	<b>Uechi Kanbun</b> (1 <sup>st</sup> ) and <b>Uechi Kanei</b> (2 <sup>nd</sup> )
9	What are the four characteristic techniques used in <i>Shohei-Ryu/ Uechi-Ryu Karatedo</i> ?	<b>Shoken</b> (single-knuckle punch), <b>Wa-uke</b> (circular block), <b>Sokusen</b> (toe kick), <b>Nukite</b> (spear hand)
10	What does " <i>Bunkai</i> " mean?	<b>Analysis</b>
11	Escape Techniques	<b>Double Lapel Grab, Front Choke (Wall)</b>
<b>“H” - NIKYU (BROWN BELT)</b>		
1	What is the correct breathing method used in <i>Sanchin Kata</i> ?	Breathing-in through the nose, and out with short burst through the mouth with striking movements, making a " <b>hissing</b> " sound. <b>The timing of breathing should be as natural as possible.</b>
2	How do you say "excuse me" in <i>Nihongo</i> ?	<b>Sumi masen</b>
3	How do you say "Please do" or "Be my guest" in <i>Nihongo</i> ?	<b>Dozo</b>
4	Where did <i>Kanbun Uechi</i> study Pan-gai-noon?	<b>Fujian Province, Southern China</b>
5	What is the meaning of <i>Kime</i> ?	A sudden burst of energy, <b>focusing the forces of the mind, body and spirit on a point.</b> <i>Kime</i> combines muscle contraction, breath, technique, speed, timing, and distancing.
6	What rank is reserved for Black Belts that are 15 years of age or younger?	<b>Jun Shodan</b>
7	How long did <i>Kanbun Uechi</i> study in China?	13 years (1897 to 1910)
8	Who was <i>Kanbun Uechi</i> 's teacher?	A Shaolin priest named <i>Shu Shi Wa</i>
9	What are the five Master ranks (from sixth to tenth degree)?	<b>Rokudan, Nanadan, Hachidan, Kyudan, and Jyudan</b>
10	What does " <i>Wakarimasen</i> " mean?	<b>"I do not understand" or "I do not know"</b>
11	Escape Techniques	<b>Double Front Choke (Wall), Double Lapel-Grab (Wall)</b>
<b>“I” - IKKYU (BLACK STRIPES)</b>		
1	How do you say "well done" in <i>Nihongo</i> ?	<b>Jozu</b>

2	What blocking element separates <i>Shohei-Ryu/Uechi-Ryu</i> from other Okinawan Karate styles?	<b>Nigiru</b> or <b>Tskande</b> (grabbing or holding)
3	What are the three main/original <i>kata</i> ?	<b>Sanchin, Seisan, and Sanseiryu</b>
4	What are the other six <i>kata</i> in <i>Shohei-ryu</i> ?	<b>Kanshiwa, Kanshu, Seichin, Seiryu, Kanchin, and Ryuko</b>
5	What are the names and ranks of Senseis Mark's and Connie's teachers?	Sensei <b>Shigeru Takamiyagi</b> and Sensei <b>Toshio Higa</b> (both Hanshi Jyudan, 10 <sup>th</sup> degree black belt)
11	What is the headquarters of the <i>Okinawan Karatedo Kyokai</i> in Okinawa called?	The <b>Kenshukai Kan</b>
12	Where is Sensei Takamiyagi's dojo?	<b>Chatan-Cho, Okinawa</b>
13	Escape Techniques	<b>Push or Knock Down, Mount Escape</b>
<b>"J" - SHODAN/ JUN SHODAN (BLACK BELT/ JUNIOR BLACK BELT)</b>		
1	What does <i>Zanshin</i> mean?	<b>Total awareness</b>
2	What does <i>Mushin</i> mean?	<b>Complete clarity of the mind</b>
3	What is the purpose of the <i>Sanchin Gami</i> or Jars?	<b>To develop strength</b> (especially in the grip.)
4	What are the three Master Titles?	<b>Renshi</b> (for <i>Rokudan</i> ), <b>Kyoshi</b> (for <i>Nanadan</i> and <i>Hachidan</i> ), and <b>Hanshi</b> (for <i>Kyudan</i> and <i>Jyudan</i> )
5	When was the Okinawa Karatedo Association or <i>OkiKuKai</i> formed?	<b>1991</b>
6	What are the dates when <i>Uechi-Ryu's</i> first two grand masters began teaching?	<i>Uechi Kanbun</i> - <b>1908</b> (China) <i>Uechi Kanei</i> - <b>1940</b> (Japan)
7	Where and when did <i>Uechi Kanei</i> begin his study of <i>Karate</i> ?	<b>Wakayama Prefecture</b> 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> - <b>1877 to 1948</b> <i>Uechi Kanei</i> - <b>1911 to 1991</b>
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> – <b>1940</b> <i>Shohei-Ryu</i> – <b>1995</b>
10	What are the Japanese words for the Dojo Code?	<b>Sonkei</b> – Respect, <b>Mamorimas</b> – Self-defense, <b>Ganbarimas</b> – Perseverance, <b>Meiyo</b> – Honor, <b>Sekinin</b> – Responsibility, <b>Yudaneru</b> - Dedication, <b>Gaman</b> - Patience, <b>Yuuki</b> - Courage, <b>Yokusei</b> - Self-Control, & <b>Kenson</b> - Humility
11	What are the three "major" styles of Karate in Okinawa today?	<b>Shohei-ryu (Uechi-ryu), Goju-ryu, Shorin-ryu</b>
12	What is the meaning of <i>Bushido</i> or the Warrior Spirit?	<b>To train the mind, body and spirit to be pure and strong.</b>
13	What are the three <i>Bunkai(s)</i> in <i>Shohei-Ryu</i> ?	<b>Kanshiwa Bunkai, Seisan Bunkai, and Sanseiryu Bunkai.</b>
14	What are the Japanese words for Tiger, Crane and Dragon?	Tiger - <b>Tora (or Ko)</b> , Crane - <b>Tsuru</b> , Dragon - <b>Ryu</b>

Note: Advanced ranks should research additional history, terminology, and understanding through independent study. Supplemental dojo resources include the handouts: the **Welcome sheet**, the **Dojo Etiquette**, **Junbi Undo/ Hojo Undo**, **Being the Sempai**, and **Test Preparation**.

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