

Okinawan Karate Club

UECHI RYU KARATE DO TRADITIONAL KARATE FOR THE SERIOUS STUDENT

GREEN BELT TEST

NAME _____ DATE _____

ALL QUESTIONS MUST BE ANSWERED AND A SCORE OF 80% OR BETTER TO PASS.
NEATNESS COUNTS

What are the _____ movements in sanchin opening taught at the OKC.

Name 5 important characteristics of a proper sanchin stance

- 1
- 2
- 3
- 4
- 5

Match the following UECHI RYU technique terms to the definition.
Write the letter of the correct definition next to the term

Terms

sanchin ____

shomen geri ____

uraken uchi ____

tettsui uchi ____

shoken zuki ____

seiken zuki ____

boshiken zuki ____

nukite ____

mawashi uke ____

shotei uke ____

hiraken zuki ____

Definitions

A.) circular block

B.) back fist strike

C.) palm heel block

D.) punch

E.) flat fist strike

F.) hammer fist strike

G.) front kick

H.) spear hand strike

I.) the first kata we learn

J.) thumb knuckle strike

K.) one knuckle punch

The second series of warming up movements is called Hojoundo.
List in Japanese and English all as taught in a class:

True / False Rewrite any false answers on the back

Kimi is the pounding board for hand conditioning _____

The loud shout of spirit is the wauke _____

The partner drill to demonstrate kata movements is a bunkai _____

Uechi Ryu comes from Okinawa _____

Makiwara is the conditioning drill done in class _____

Yakusoku kumite is the same as Dan Kumite _____

Sanchin is best performed quickly _____

Warm ups are really not needed if you train hard _____

In the dojo we show respect by shaking hands _____

Match the correct terms:

_____ Dojo	A.) teacher
_____ Karateka	B.) palm strike
_____ Sensei	C.) advanced rating
_____ Obi	D.) training area
_____ Gi	E.) student
_____ Kyu	F.) spear hand
_____ Dan	G.) beginner's rating
_____ Nukite	H.) uniform
_____ Bushken	I.) belt

Define the following terms

Rei:

Yoi:

Migiashimae:

Hidariashimae:

Hajime:

Seiza:

Yame:

Sensei:

Karateka:

Shotoei:

Arrigato Gasimashita:

In what ways has your karate training helped you in your everyday activities.