

# 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

<u>Terms</u>	<u>Definitions</u>
sanchin ____	A.) circular block
shomen geri ____	B.) back fist strike
uraken uchi ____	C.) palm heel block
tettsui uchi ____	D.) punch
shoken zuki ____	E.) flat fist strike
seiken zuki ____	F.) hammer fist strike
boshiken zuki ____	G.) front kick
nukite ____	H.) spear hand strike
mawashi uke ____	I.) the first kata we learn
shotei uke ____	J.) thumb knuckle strike
hiraken zuki ____	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.