

# Okinawan Karate Club

UECHI RYU KARATE DO TRADITIONAL KARATE FOR THE SERIOUS STUDENT

## PURPLE BELT TEST

NAME \_\_\_\_\_ DATE \_\_\_\_\_

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

Name 5 important characteristics of a proper sanchin stance

- 1
- 2
- 3
- 4
- 5

Match the following UECHI RYU 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

On the back or on a separate page:

Describe the first 5 attacking moves in yakusoku kumite.

What are the first 6 techniques practiced in hojoundo? Japanese and English

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