

Okinawan Karate Club

UECHI RYU KARATE DO TRADITIONAL KARATE FOR THE SERIOUS STUDENT

Rules For Sanchin

What You Have Learned - Rules For Sanchin

Take the following quiz and see how much you already know.

1. Thrust with the hand over the _____
2. Block with the hand over the _____
3. Turn in the direction of the _____
4. My feet should be as wide as my _____
5. My knees should always be _____
6. Stepping should be light but _____
7. My toes should grip the floor like _____
8. There are _____ movements in sanchin opening.

From memory can you name the opening moves. Write them.