

Okinawan Karate Club

UECHI RYU KARATE DO TRADITIONAL KARATE FOR THE SERIOUS STUDENT

NAME _____ DATE _____

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

Rules for Sanchin

1. Thrust with the hand over the _____
2. Block with the hand over the _____
3. Turn in the direction of the _____
4. Name some of the things that make a good sanchin STANCE
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
5. There are _____ movements in sanchin opening. Name Them
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____

Match the following KARATE terms and definitions.

Terms

- A. dojo
- B. obi
- C. kareteka
- D. ghi
- E. sensei
- F. shuto
- G. seiken
- H. uke
- I. rei
- J. seiza

Definitions

- _____ karate chop(knife hand)
- _____ karate belt
- _____ block
- _____ bow
- _____ kneeling position
- _____ karate student
- _____ training area
- _____ punch
- _____ teacher
- _____ karate uniform

On the back tell how learning karate has helped you in everyday activities.