



## New Student Information Packet

Neil Stone's Karate Academy  
108 Route 13  
Brookline, NH 03033  
603 672-8933  
Email: [nka@comcast.net](mailto:nka@comcast.net)  
[www.neilstoneskarate.com](http://www.neilstoneskarate.com)



Thank you for your interest, and welcome to Neil Stone's Karate Academy. We hope you find what you're looking for. Here are a few things you might want to know about us, NSKA is focused around excellence, we are determined to give our best and be our best. As the head instructor, Sensei, and owner of the dojo, Neil Stone is dedicated to providing the best environment for his students to develop themselves in a positive manner. What we look for in all students is to be motivated and be open to learning.

At NSKA, the first thing we want to know is what you would like to get out of karate. We treat everybody as an individual, and we work hard to meet every person's needs. We teach students of all ages, and we understand that is not who we are when we start, but who we become in the process.

Parents of Neil's junior students (ages 4 to 16) often say that Neil's teaching is "unpredictable" and never boring. No one really knows what he will do next to keep his students on their toes, keep them learning, and keep them motivated. Yet, his students aren't the only ones motivated; Neil's unique teaching style keeps the students *and* parents on the edge of their seats through every class. NSKA is built around relationships where together as a team, we can create success.

Developing his students does not mean that NSKA runs a "give a belt program." In order for the students in the children's program to be promoted to their next level they must first complete a S.T.A.R.S. form (Students Taking A Responsible Stance). Each month there is a theme that Neil teaches and whether that theme is Integrity, Time Management, or Respect each student must put that theme into action. Students are expected to do their best in the academic school system as well. Parents and teachers are requested to sign off on the promotion forms.

NSKA has a very diverse adult program, where both white belts and 5<sup>th</sup> degree black belts can enjoy a great workout. It is a place you can come in and leave your everyday stress outside the dojo; the focus is on you, and your development. People come here to work hard and move forward with their personal growth.

Neil runs his academy with two basic martial arts principals: the eight virtues of a black belt and the student creed. These are part of the schools philosophy and are reinforced in the monthly newsletters and events. Neil Stone's Karate Academy has a successful approach to developing students to their fullest physical, mental and spiritual abilities.



## **NEIL STONE'S KARATE ACADEMY**

---

### **WHAT WE STAND FOR**

*Eight virtues demonstrated, learned, and understood by our students*

#### **MODESTY**

To be humble, not to show off

#### **COURTESY**

Being polite, showing kindness to others

#### **INTEGRITY**

Truth, choosing to do the right thing

#### **COMPASSION**

A deep awareness of, and sympathy for others

#### **GRATITUDE**

To be thankful for, and to appreciate all that we have

#### **SELF CONTROL**

Maintaining discipline over your emotions, actions, and words

#### **PERSEVERANCE**

To never give up

#### **INDOMITABLE SPIRIT**

The humble energy we have inside us that keeps us going

### **OUR STUDENT CREED**

Remembering that the martial arts begins and ends with respect, I will...

1. Develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.
2. Develop self discipline in order to bring out the best in myself and others.
3. Use what I learn in class constructively and defensively to help myself and my fellow man and never to be abusive or offensive.

# 上地流

THE STUDY OF UECHI-RYU KARATE

## Uechi Ryu Karate History

The history of our style of karate began in China. Kanbun Uechi the founder of our style, left his home in Okinawa at the age of 19 to study martial arts under Shushiwa (shoe-z-wa). The Chinese name for the system he studied is Pangai-Noon (pwang-ga-noon), which means “half hard, half soft”. This represents a hard outer shell of muscle, while breathing to remain soft (relaxed, controlled) on the inside. Kanbun studied for 10 years with Shushiwa, from there he became a teacher. He was the first Okinawan to open a training hall in China. In 1940 Kanbun Uechi became a Grand Master in this style. In honor of Kanbun, after his death in 1948, his students changed the name from Pangai-Noon to Uechi Ryu, (way-chi-roo) ryu meaning “style”.

Kanbun Uechi's son, Kanei Uechi, taught the style at the Futenma City Dojo, Okinawa, and was considered the first Okinawan to sanction the teaching to foreigners. One of Kanei's senior students, Ryuko Tomoyose, taught a young American serviceman named George Mattson, formerly of Boston and now residing in Florida, who authored several books on the subject and is largely responsible for popularizing the style in America. Uechi Ryū emphasizes toughness of the body with quick hand and foot strikes. Several of the more distinctive weapons of Uechi practitioners are the one-knuckle punch (shoken), spearhand (nukite), and the toe kick (shomen geri). Because of this emphasis on simplicity, stability, and a combination of linear and circular motions, proponents claim that the style is more practical for self-defense than most other martial arts.

Uechi Ryu was brought to the United States from Okinawa in 1958 by Sensei (teacher or instructor) George Mattson. Mr. Mattson brought over the 3 main kata's (mold or form), arm pounding, kumite (crossing hands), Today Mr. George Mattson is still very active in the Uechi community, and holds the highest rank here in the United States. Mr. Stone's teacher, Buzz Durkin studied under George Mattson for a number of years before opening his own dojo. Mr. Durkin has more than 40 years of martial arts and owns an extremely successful dojo in Atkinson, New Hampshire. He is the founder and headmaster of the Uechiryu Butokukai (gathering of schools that study the virtues of the martial arts).

Uechi Ryu is principally based on the movements of animals: the Tiger, Dragon, and Crane. There are eight empty-hand katas in Uechi Ryu; the longest has 36 steps. Only Sanchin, Seisan, Sanseirui are from Pangai-noon. The others were added to the style by Kanei Uechi. Many of the names of the newer kata were formed from the names of prominent figures in the art, e.g. Kanshiwa from Kanbun and Sushiwa. The current list of katas is:

- |    |          |    |           |
|----|----------|----|-----------|
| 1. | Sanchin  | 5. | Seisan    |
| 2. | Kanshiwa | 6. | Seiryu    |
| 3. | Kanshu   | 7. | Kanchin   |
| 4. | Seichin  | 8. | Sanseiryu |



## Students Taking A Responsible Stance (STARS)

Character Education for Children: STARS Program at NSKA

Character education has always been part of traditional martial arts teaching. The STARS Program helps us to move the value of karate beyond the dojo into the everyday lives of students. This program helps to develop core values such as personal responsibility, kindness, integrity, courage, respect, friendship, compassion, leadership, self discipline, and gratitude.

Each month, NSKA designs a STARS project, for older and younger students that emphasize a specific theme related to character building. We believe kids can make a difference and our students have enjoyed helping others through various projects on compassion for others and generosity. Each STARS project is unique and throughout the years students learn and build important life skills.

We teach character building not only through STARS project but we include it in every aspect of the dojo. The STARS theme is discussed in classes through stories and examples. Great quotes from various sources related to the theme topic are posted around the dojo. Our monthly newsletter contains articles and stories related to the monthly STARS theme.

We expect and have seen the level of character in our students grow through the STARS program. It is an important part of our dojo community. Successful completion of STARS projects, in conjunction with positive results in school and at home, is required for promotion for all students in the children's program. STARS Projects for the month are posted on our website, [www.neilstoneskarate.com](http://www.neilstoneskarate.com).





## MR. STONE AND OUR SENIOR STUDENTS SHARE THEIR THOUGHTS ON BECOMING MARTIAL ARTISTS.

On the wall of the dojo is a plaque that states **“Thoughts become Words, Words become Actions, Actions become Character, and Character is Everything”**. During the past few months, our senior students and I have shared our thoughts and words about the philosophy of martial arts training in the NSKA newsletters. I have felt that this information was so beneficial for developing students & supporting parents, that it was worth repeating and creating a special edition. As martial artists, we should always seek to develop our mind, body, and spirit, whether we are 47 year old black belts, or 7 year old white belts. In this special edition, we have included not only the words, but examples of the actions of what it means to be a martial artist. Becoming a martial artist is not a destination point, or a belt you wear, but a choice we make everyday. It is a way of life. ~ **Mr. Stone**

### *Respect and Relationships*

Relationships are the corner stone to life. Whether it is with your family, friends, co-workers, or strangers that you pass, relationships play a significant role in our lives. The same is true for within the Dojo. A wise man once said “You are in karate for yourself (our own self-development), **but** not by ourselves. Those around us can impact our development in a positive way, through encouragement, assistance with challenges, and support. The foundation of relationships in the Dojo is built between the student and the sensei (Mr. Stone). The Sensei is the first person you connect with and who becomes your guide or while developing through the ranks. Respect and trust is the glue for the relationship. We can also build very strong relationships with friends in a dojo, we feel comfortable working with them, we know each others limits, our conversations are comfortable before class and there is an open dialog for correcting and commenting between each other. However though...this can form very tight clicks, we will have a tendency not to go out of our way to work with those of different ranks, and get the chance to form the necessary bond or trust with others. This can hurt the overall community of the Dojo. When we are not able to form a bond between other students a ripple effect occurs within our Dojo community. It is human nature to be timid to work with those who we are not familiar with, whether it is a white belt going to a black belt or visa versa, and if a relationship has not been formed then there will be a greater amount of hesitancy. This hesitancy can cause us to work with fewer people, thus continuing in a spiral and not giving us a chance to work on our relationships. The more relationships we develop, the more positive impact we can have. Especially when it comes to encouraging others, and giving and receiving corrections. A relationship is key when giving a comment, because you have to mold it to the person who is receiving it. The person giving the suggestion needs to be comfortable giving the comment, while the person receiving needs to be assured the correction is coming from someone they trust and respect personally, not just because they’re told they should. Mr. Stone gives the seniors great responsibility in aiding those of a lower a rank in their martial arts practice. It is not easy to find the right words to encourage students in a way that helps them continue on the right path. Knowing a student and understanding the journey certainly makes it easier. It is up to both the senior students to go and talk to those of a lower rank and get to know them, as well as it is of the lower ranked students to seek out the seniors and ask for their help. This can be “out of the comfort zone” for many people, but it is important. One of the best things about the martial arts is that it requires us to step out of your comfort zone in a safe and controlled environment.

When building a relationship in a dojo, it is not all about friendship but more about caring and respect. Most senior students do not know about each other’s personal lives, but do know about each others preferences and overall mental and physical health. All it takes to start building these relationships are a few simple steps, such as introducing yourself to students that you don’t know, starting up a conversation before or after class, and making it a point to go work with those you normally don’t at least once per class. Those small steps over time can lead to strong bonds and help build a supportive martial arts community.

Being supportive when giving comments is important. Offering a comment to a student, by saying “May I make a suggestion?” is more respectable than rattling off corrections on techniques. Even if you have a relationship with the student it is respectful not to force a correction or comment on anyone. If you are uncomfortable giving corrections or just starting out you can follow Mr. Stone’s golden rule of giving corrections, Praise Correct Praise (PCP). Start off by finding the good in the students exercise, for it is human nature to find the negative much easier then the positive. Then after giving your suggestion make sure to reiterate the positive or comment on another positive attribute. Regardless of the method we use in giving comments, there should always be at least twice as many positive comments, than there are corrections. View Mr. Stone’s Dojo as a community, it is important to develop relationships so no one in the community feels awkward, and most importantly that we can be counted on for help when a neighbor needs a hand.

**Modesty, Courtesy, Integrity, Gratitude, Self Control, Compassion, Perseverance, Indomitable Spirit**

## SENSEI & OUR SENIOR STUDENTS SHARE THEIR INSIGHTS ON MARTIAL ARTS MISCONCEPTIONS

*You only have to watch a sport to gather its' meaning or purpose, but when you study art, understanding only comes from experiencing it and seeing its' impact on those around. While there are many misconceptions about studying the martial arts, the ultimate aim is not about victory or defeat, but in the development of character for its students.*

### **Misconception: A student moves through the ranks with their friends similar to grades in a school.**

**Reality:** As students increase in their rank they are less likely to test with the same people they started with. Karate is an individual sport, and there are no two individuals who are exactly the same. People will move through the ranks based on the instructor's evaluation of growth in their techniques; understanding of self; interaction with others; understanding of the martial arts; maturity to handle the responsibility of the next rank; individual effort class by class; and a number of other factors. Moving from one age group to another, or from one rank to another, has never been based on just the number of classes or the ability to memorize a kata's movements.

**Example:** Nathan Harker and John Guilmartin who are now both Yondans (4th degree black belts) have been friends since they were five years old. Although they started within two weeks of each other, they tested for their current ranks of Yondan two years apart. Throughout all the years, John and Nathan never lost respect for the other's martial art abilities and continue to support each other to this day.

### **Misconception: Students will receive the same level of attention from Mr. Stone as they progress.**

**Reality:** When a student starts taking classes, Mr. Stone is the best person to ease them through the anxiety and challenges of being a new student in the martial arts, and to provide a foundation for what it is like in the dojo. But as a student advances, Mr. Stone's role as an active teacher lessens. Responsibilities then shift to the individual themselves and the other senior students to continue their growth as martial artists, and Mr. Stone takes more the role of a mentor guiding students through their personal development.

**Example:** Mr. Stone will frequently ask a group of students to work on "something" in the back of the class, while he continues to work with a group of students. He asks this of students for a few reasons; it provides an opportunity for junior students to get help from senior students, it provides time for students to recognize and work on their personal challenges; and it shows Mr. Stone a person's individual drive and dedication to their own learning. Shawn, a new brown belt in adult classes, is one of those students who is always working hard, whether asking others to work with him or working alone in the back. Mr. Stone appreciates Shawn's initiative to gladly work with high ranked students, because it shows Mr. Stone that it is more important for Shawn to be challenged, than to look good or socialize.

### **Misconception: Mr. Stone is only interested in hearing about a students challenges with karate.**

**Reality:** Mr. Stone prefers to hear directly from students or parents about the challenges a student may be having at home, in school, with other kids (bullies), or any other situation that impacts the mental health or physical growth of a student. One of the keys to the success of NSKA, is the caring Mr. Stone has for his student's personal development outside the dojo, this ranges from taking a interest in academic achievement to checking on routine illnesses. The martial arts is about development of the whole person not just physical development. Also it is important for Mr. Stone to hear about any issues that impacts students and parents inside the dojo. Mr. Stone has worked hard to create and maintain a positive, supportive atmosphere for parents and students, therefore it is important to nip any negativity that impacts the dojo right away.

**Example:** Mr. Stone has addressed issues ranging from students having trouble with school, to people negatively commenting on the progress of students. In the martial arts, no parent or student has a right to comment negatively on another student's development. Our Student Creed states: "The Martial Arts Begins and Ends With Respect", and since the Martial Arts is a Way of Life, our creed must extend far beyond the floor of the dojo.

**Misconception: Where a student lines up is important.**

**Reality:** Where you stand impacts only the carpet. The reality of it is that we line up by rank to indicate where junior students can look to for help. The rank you have become and the respect people give you is based on what you do in class. While we must live up to the expectations of our rank, we must remain true to the principles of a black belt. Modesty is the first virtue of a black belt, offering up a higher spot in line is virtuous. Thinking you own or deserve a spot is not.

**Example:** Many fourth degree black belts (Mr. Bruise, Mr. Guilmartin, Mr. Harker, Mr. McDonald, Mr. Searson, and others) who have held the high ranks for several years gladly offer the spot to their right to other students. The effort they put into class and the respect they earned, is the same whether they are in the first spot or the last spot.

**Misconception: How you act with your friends outside the dojo is the same as how you act with friends inside the dojo.**

**Reality:** The dojo is a place where respect for others comes in front of horseplay, goofing around, and other usual behavior with friends. When we walk into the dojo a cultural change needs to happen to show new students, people on the sidelines, and ourselves what martial arts training is all about. Inside a dojo, we demonstrate a level of respect for everyone regardless of age, rank, background or friendship. Everyone should get a respectful greeting whether they are 4 years old or 54 years old, **or** whether they are our closest friends or someone whom we do not like.

**Example:** Some students have worked with each other for 5 to 10 years and have become so close that they gather together for celebrations from birthdays to thanksgiving dinner. They will goof around together outside of the dojo and joking make fun of each other from head to toe, but the moment they walk into the dojo together, their friendship focuses on respect and positive support. Joe and Millie Dwyer, who are brother and sister in the adult classes continue to work together respectfully every class. The culture of a dojo is where everyone works to be their best, by being positive, supportive and respectfully. While it may be difficult for most of us to maintain this for every minute of the day, the minutes we spend in the dojo is the time when we should make the effort to practice leaving all the “outside world” including social competition, goofing around, negativity, & frustration behind.

**Misconception: Only the most physically fit and naturally athletic students will go far in martial arts.**

**Reality:** One of the many great things about the martial arts is that your physical ability does not strictly determine your success in karate. The amount of heart and determination that you put forth is the driving factor in your success in martial arts. The three conflicts that represent our style are Mind, Body and Spirit. It takes a union of the three to be a true martial artist. Those who rely on strict physical strength are missing out on the more important of the conflicts mind and spirit. Everyone’s physical ability is different and Mr. Stone is fully aware of this when he is making his corrections or looking at promoting a student.

**Example:** Take what many people believe to be the image of a physically fit person and compare it to what you see in the Dojo. Look at the senior students each one is physically fit in their own way. They are not all the same age, the same height, the same weight; some can run for miles, while others cannot, while some can lift heavy objects and others cannot. But they are the ones who have been studying for more than a decade and have been successful at Uechi-Ryu karate. Nathan Harker is a Yondan who has been successful in a lot of competition sparing against many different styles, is not the most physically fit competitor. He always says, “There are plenty of people faster, stronger, and of a higher rank than me, but all I have to do is out smart them.” His ability to use his mind and spirit leads to his success. Sensei Kanbun Uechi said that a true martial artist is one who never has to throw a punch, placing the emphasis on anything but the physical ability of his students. This emphasis on all the virtues of the martial arts still continues today in Uechi Ryu karate.

## The Only Place Success Comes Before Work is in the Dictionary

– Quote by Vince Lombardi

Promotions have been part of the martial arts long before the time when Kanbun Uechi originally began teaching Pangainoon. The meaning of promotions has changed drastically through the years and can be interpreted differently in every Dojo. If we were lucky enough to have been a student of Master Kanbun Uechi, we would have most likely stayed at the same rank for many years before seeing a promotion. In the past, Uechi Ryu karate didn't have belts with stripes, and there were only three belts (white, green, and brown) before attaining the black belt rank of Shodan. Students would wait years to remove the white belt for a new rank, and the idea of waiting years to see a promotion never battered the indomitable spirit of these martial artists.

In recent times, it seems that in the pursuit of the next rank, some students forget that a new rank or promotion is not about a belt, but is a recognition of acceptance by our Sensei that we have reached a certain point in our development. **Black belts do not earn their rank, they become it.**

I am proud of the students and the efforts they have made to become black belts. Many of these students have been demonstrating an impressive level of “black belt excellence” for years. While they have been recognized informally by our senior students, the black belt test is the time when senior students and I formally accept and recognize students for having reached the point in their practice where they are ready to move to the next level. It is also a time for students to demonstrate what they have learned and who they have become as martial artists. Students should be proud of their progress and achievements, but a rank should never be the ultimate goal. Everyday is a learning experience, and everyday we have the opportunity to grow as martial artists. How much we grow, will always be up to us. Some of the more seasoned students will no doubt remember a beautiful piece of Japanese calligraphy stating “The Secret to Good Karate is Hard Work”. Black belts know the truth of this statement.

Throughout the years, I have seen people challenged by having to wait “a long time” for their next promotion. Some face that challenge head on and demonstrate perseverance, modesty and an indomitable spirit (black belt virtues) as they continue to practice and develop. Others do not, and their development stops. The key to success is how we view these extra months, or years between promotions. This time can really differentiate true martial artists from others. It is important to take this opportunity as a chance to gain that extra step in toning our skills before accepting more onto our plates.

In the time it takes to reach our next promotion we can either, further our development and understanding of Uechi-Ryu inside and out of the Dojo, or let frustration and negative thoughts set in. NSKA students should choose the higher path and when given this extra time to progress in our studies, take it as a gift and not a hindrance in our pursuit of black belt and the ranks that follow. It is important to remember that our development never ends regardless of our rank. Our recognition of our own personal growth and success should always be more important, than the recognition of others.

- Mr. Stone



## Adult Promotion Requirements

---

### Rank: Jukyu (white belt)

- ☉ Basic knowledge of school and student creed.
- ☉ Basic self-defense techniques such as punching, kicking, and blocking.

### Rank: Kyukyu (white w/1 green stripe)

- ☉ Basic knowledge of Sanchin kata
- ☉ Basic knowledge of Kumite 3
- ☉ Familiar with basic history and Questions 1-10 of Uechi Ryu Student Study Guide

### Rank: Hachikyu (white w/ 2 green stripes)

- ☉ Sanchin kata
- ☉ Kumite 3
- ☉ More familiar with history of Uechi Ryu and Study Guide Questions 1-20

### Rank: Sichikyu (white w/3 green stripes)

- ☉ Able to perform Sanchin kata
- ☉ Able to perform Kumite 3
- ☉ Basic knowledge of Kanshiwa kata
- ☉ Kyu kumite 1-3
- ☉ Familiar with history of Uechi Ryu and Study Guide Questions 1-30

### Rank: Rokkyu (white w/solid green bar)

- ☉ Able to perform Sanchin kata
- ☉ Able to perform Kanshiwa kata
- ☉ Able to perform Kumite 3
- ☉ Able to perform Kyu kumite 1-3
- ☉ Basic knowledge of Kanchu kata and Kyu kumite 4
- ☉ Familiar with history of Uechi Ryu and Study Guide Questions 1-40

### Rank: Gokyu (green)

- ☉ Performing Sanchin kata, Kanshiwa kata, and Kanchu kata
- ☉ Performing Kumite 3
- ☉ Performing Kyu Kumite 1-4
- ☉ Familiar with history of Uechi Ryu and Study Guide Questions 1-50



**Rank: Yonkyu** (green w/brown stripe)

- ☉ Performing Sanchin kata, Kanshiwa Kata, Kanchu kata, Seichin kata
- ☉ Performing Kumite 3
- ☉ Performing Kyu Kumite 1-5
- ☉ Know the eight virtues
- ☉ Familiar with history of Uechi Ryu and Study Guide Questions 1-60

**Rank: Sankyu** (brown Belt w/black stripe)

- ☉ Performing Sanchin, Kanshiwa, Kanchu, Seichin katas
- ☉ Performing Kumite 3
- ☉ Performing Kyu Kumite 1-5
- ☉ Familiar with history of Uechi Ryu and Study Guide Questions 1-70

**Rank: Nikyu** (brown w/ 2 stripes)

- ☉ Performing Sanchin, Kanshiwa, Kanchu, Seichin, and Seisan katas
- ☉ Performing Kumite 3 and Kyu Kumite 1-5
- ☉ Dan Kumite 1-5
- ☉ Seisan bunkai
- ☉ Know the eight virtues and their meanings
- ☉ Familiar with history of Uechi Ryu and Study Guide Questions (all)

**Rank: Ikkyu** (brown w/3 stripes)

- ☉ Performing Sanchin, Kanshiwa, Kanchu, Seichin, and Seisan katas
- ☉ Performing Kumite 3 and Kyu kumite 1-5
- ☉ Dan kumite 1-6
- ☉ Knowledge of Uechi Ryu History and Study Guide Questions (all)

**Rank: Shodan** (black belt)

- ☉ Proficiency on all material :
- ☉ Sanchin, Kanshiwa, Kanchu, Seichin, Seisan katas
- ☉ Kumite 3, Kyu kumite 1-5
- ☉ Dan kumite 1-6
- ☉ Seisan bunkai
- ☉ Written exam required, knowledge of history, terms, lineage, ranks
- ☉ Knowing the eight virtues and their meanings
- ☉ Essay on how martial arts has contributed to your everyday life

# Children's Promotion Requirements

---

**The following requirements are approximations. At each new level, a student should be able to demonstrate improvement from their previous level of performance. A parent's approval on the Promotion Recommendation Form is required for promotion, as well as note from the student's teacher or parent stating how the student is doing in school. Completion of STARS Projects is required for promotion in the children's program. Mr. Stone wants to see his students as proficient as possible; therefore, he will make the final decision on promotions.**

## White belt

- 🕒 Basic knowledge of school and student creed.
- 🕒 Basic self-defense techniques such as punching, kicking, and blocking.
- 🕒 Minimum of 2 classes

## White belt with one yellow stripe

- 🕒 Basic knowledge of Sanchin kata
- 🕒 Basic knowledge of Kumite 3
- 🕒 Familiar with Questions 1-3 of Uechi Ryu Study Guide
- 🕒 Minimum of 8 classes

## White belt with two yellow stripes

- 🕒 Able to perform the opening Sanchin kata on your own and up to the first 4 strikes
- 🕒 Able to perform the attacks of Kumite 3
- 🕒 Familiar with Questions 1-5 of Uechi Ryu Study Guide
- 🕒 Minimum of 16 classes

## White belt with three yellow stripes

- 🕒 Able to perform the first half of Sanchin kata (front movements and back movements)
- 🕒 Able to perform the attacks and defense moves of Kumite 3
- 🕒 Familiar with Study Guide Questions 1-8
- 🕒 Minimum of 24 classes

## White belt with solid bar

- 🕒 Able to perform Sanchin kata up to the doubles.
- 🕒 Able to perform the attacks and defense moves of Kumite 3 with a partner
- 🕒 Familiar with Uechi Ryu Study Guide Questions 1-10
- 🕒 Minimum of 40 classes

## Yellow belt

- ☉ Able to perform all of Sanchin kata .
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Basic knowledge of Kanshiwa kata.
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-15
- ☉ Minimum of 56 classes

## Yellow belt with one purple stripe

- ☉ Able to perform all of Sanchin kata .
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Basic knowledge of Kanshiwa kata, up to the elbow strike, on your own.
- ☉ Able to perform Kyu-kumite 1 through 3 attacks
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-18
- ☉ Minimum of 72 classes

## Purple Belt

- ☉ Able to perform all of Sanchin kata
- ☉ Able to perform all of Kanshiwa kata on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 3 attacks
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-20
- ☉ Minimum of 96 classes

## Purple belt with one red stripe

- ☉ Able to perform Sanchin and Kanshiwa on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 3 attacks
- ☉ Basic knowledge of Konchu kata.
- ☉ Able to perform Kyu-kumite 4 and 5 attacks only
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-25
- ☉ Minimum of 120 classes

## Purple belt with two red stripes

- ☉ Able to perform Sanchin and Kanshiwa on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 3 attacks and defense moves
- ☉ Able to perform Kyu-kumite 4 and 5 as attacks as well as knowledge on defense.
- ☉ Basic knowledge of Konchu kata up to the spear hand strike (nukite) in the back.
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-28
- ☉ Minimum of 144 classes

## Red Belt

- ☉ Able to perform Sanchin and Kanshiwa on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 3 attacks and defense moves
- ☉ Able to perform Kyu-kumite 4 and 5 attack and defense without a partner
- ☉ Able to perform Konchu kata on your own.
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-30
- ☉ Minimum of 168 classes

## Red belt with one green stripe

- ☉ Able to perform Sanchin, Kanshiwa, and Konchu on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 3 attacks and defense moves
- ☉ Able to perform Kyu-kumite 4 and 5 defense moves with a partner
- ☉ Basic knowledge of Seichin kata up to the first six moves (wrist blocks).
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-30
- ☉ Minimum of 192 classes

## Red belt with two green stripes

- ☉ Able to perform Sanchin, Kanshiwa, and Konchu on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 3 attacks and defense moves
- ☉ Able to perform Kyu-kumite 4 and 5 defense moves with a partner
- ☉ Basic knowledge of Seichin kata up to the first club attack.
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-35
- ☉ Minimum of 216 classes

## Green belt

- ☉ Able to perform Sanchin, Kanshiwa, and Konchu on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 3 attacks and defense moves
- ☉ Able to perform Kyu-kumite 4 and 5 defense moves with a partner
- ☉ Basic knowledge of Seichin kata up to the crane stance (shoulder grab with knee strike).
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-50
- ☉ Minimum of 240 classes

## Green belt with one brown stripe

- ☉ Able to perform Sanchin, Kanshiwa, Konchu, and Seichin on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 5 attacks and defense moves
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-60
- ☉ Minimum of 264 classes

## Brown belt with one black stripe

- ☉ Able to perform Sanchin, Kanshiwa, Konchu, and Seichin on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 5 attacks and defense moves
- ☉ Basic knowledge of Dan Kumite 1 attack only
- ☉ Basic knowledge of Seisan up to the crane stance (shoulder grab with knee strike)
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-75
- ☉ Minimum of 288 classes

## Brown belt with two black stripes

- ☉ Able to perform Sanchin, Kanshiwa, Konchu, and Seichin on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 5 attacks and defense moves
- ☉ Able to perform Dan Kumite 1 attack & defense
- ☉ Able to perform Seisan up to the leaning elbow
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-85
- ☉ Minimum of 336 classes

## Brown belt with three black stripes

- ☉ Able to perform Sanchin, Kanshiwa, Konchu, and Seichin on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 5 attacks and defense moves
- ☉ Able to perform Seisan
- ☉ Able to perform Dan Kumite 1 attack and defense
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-100
- ☉ Minimum of 384 classes

## Junior Black belt

- ☉ Able to perform Sanchin, Kanshiwa, Konchu, Seichin, Seisan on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 5 attacks and defense moves
- ☉ Able to perform Dan Kumite 1 attack and defense
- ☉ Able to perform beginning and secondary exercises
- ☉ Familiar with Uechi Ryu Study Guide Questions All and pass written test with 90% score
- ☉ Able to write a letter to Mr. Stone on becoming a black belt and what karate means to you.
- ☉ Minimum of 384 classes

## Uechi Ryu Karate Study Guide

---

1.	<b>What style of Karate do we study?</b>	Uechi Ryu Karate
2.	<b>What is karate?</b>	Karate is an unarmed method of self defense stressing shifting, blocking, striking and kicking.
3.	<b>What does the word “Karate” mean?</b>	Chinese hand (original) or empty hand (current)
4.	<b>What is “Karate-Do”?</b>	The way of karate” or “karate as a way of life”. It means the ability to use the skills you learn in karate in your everyday life“.
5.	<b>What is a “Karate Ka”?</b>	Karate student
6.	<b>What is Uechi-Ryu Karate?</b>	A classical Chinese-Okinawan system of self-defense.
7.	<b>What are the three animals that represent our style?</b>	Tiger, Crane and Dragon.
8.	<b>What is the karate uniform called?</b>	Gi
9.	<b>What is the karate belt called?</b>	Obi
10.	<b>What does the word “Dojo” mean?</b>	Training hall
11.	<b>What does the word “Kata” mean?</b>	Mold or form – a choreographed routine of steps, turns, blocks, strikes, and kicks
12.	<b>What are some karate skills that can be applied to your everyday life?</b>	Confidence, Patience, Focus, Self-Discipline, Determination, Strength, Respect
13.	<b>What does “Ryu” mean?</b>	Style. Uechi-Ryu karate means Uechi-style karate.
14.	<b>What does the tiger symbolize?</b>	Determination, speed, strength, and stamina.
15.	<b>What does the crane symbolize?</b>	Balance and blocking with its wings
16.	<b>What does the dragon symbolize?</b>	Strength and breathing.
17.	<b>What country is considered to be the birth place of the martial arts?</b>	China.
18.	<b>What does the word “Kyu” mean?</b>	Junior or Beginner
19.	<b>What is Mr. Stone’s rank and title?</b>	Godan
20.	<b>What does the word “Kumite” mean?</b>	To cross hands.
21.	<b>What are the Eight Virtues?</b>	Modesty, Courtesy, Integrity, compassion, Gratitude, Self-Control, Perseverance, & Indomitable Spirit

## Uechi Ryu Karate Study Guide

---

22.	<b>Define Modesty</b>	To be humble, not to show off
23.	<b>Define Courtesy</b>	Being polite, showing kindness to others
24.	<b>Define Integrity</b>	Truth, choosing to do the right thing
25.	<b>Define Compassion</b>	A deep awareness of, and sympathy for others
26.	<b>Define Gratitude</b>	To be thankful for, and to appreciate all that we have
27.	<b>Define Self- Control</b>	Maintaining discipline over your emotions, actions, and words
28.	<b>Define Perseverance</b>	To never give up
29.	<b>Define Indomitable Spirit</b>	The humble energy we have inside us that keeps us going
30.	<b>What is the original Chinese name for the system of karate we study?</b>	Pangainoon. It means: "half-hard, half-soft" – the idea of: a hard outer shell of muscle while breathing, to remain soft on the inside.
31.	<b>What does Pangainoon mean?</b>	Half-hard/Half-soft.
32.	<b>How many kata are in Uechi-ryu karate?</b>	Eight
33.	<b>Name the Uechi-ryu kata.</b>	Sanchin, Kanshiwa, Kanchu, Seichin, Seisan, Seiryu, Kanchin, Sanseiryu.
34.	<b>What are the three main kata?</b>	Sanchin, Seisan, Sanseiryu.
35.	<b>What does Sanchin mean?</b>	Three modes or conflicts: mind, body and spirit.
36.	<b>What does Kanshiwa mean?</b>	Combination of two names: Kanbun and Shushiwa.
37.	<b>What does Kanchu mean?</b>	Combination of two names: Kanbun and Shushiwa.
38.	<b>What does Seichin mean?</b>	Combination of two katas: Seisan and Sanchin.
39.	<b>What does Seisan mean?</b>	13 positions of attack and defense.
40.	<b>What does Seiryu mean?</b>	16 positions of attack and defense.
41.	<b>What does Kanchin mean?</b>	Combination of the name Kanbun and the kata, Sanchin.
42.	<b>What does Sanseiryu mean?</b>	36 positions of attack and defense
43.	<b>What is the original name of Kanshiwa?</b>	Kanshabu
44.	<b>What is the original name of Kanchu?</b>	Daini Seisan (Second Seisan, Little Seisan)
45.	<b>What does "Bunkai" mean?</b>	Analysis or application of kata.
46.	<b>What is a straight punch (flat fist) called?</b>	Seiken tsuki

## Uechi Ryu Karate Study Guide

---

47.	What is a one-knuckle strike called?	Shoken tsuki
48.	What is a fore-knuckle strike called?	Hiraken tsuki
49.	What is a back-fist strike called?	Uraken tsuki
50.	What is a chopping strike (knife-hand) called?	Shuto uchi
51.	What is a hammer fist called?	Tetsui uchi
52.	What is a spear hand strike called?	Nukite
53.	What is an elbow strike called?	Hiji tsuki.
54.	What is a thumb knuckle (palm heel) strike called?	Bushken.
55.	What is a cupped hand strike called?	Koken tsuki
56.	What is a ridge-hand strike called?	Haito
57.	What is the Japanese word for block?	Uke
58.	What is a circle block called?	Hirate mawashi uke
59.	What is a snapping block called?	Hajiki Uke
60.	What is a down block called?	Gedan barai uke
61.	Name the seven Uechi Kicks.	Shomen Geri, Sokuto Geri, Mawashi Geri, Tobi Geri, Ushiro Geri, Hiza Geri, Suken Geri
62.	What is a Shomen Geri?	Front kick.
63.	What is a Mawashi Geri?	Roundhouse kick.
64.	What is a Hiza Geri?	Knee strike.
65.	What is a Sokuto Geri?	Side thrust kick.
66.	What is a Tobi Geri?	Jumping front kick (flying kick)
67.	What is an Ushiro Geri?	Back kick.
68.	What is a Suksen Geri?	Toe kick.
69.	What is the capital city of Okinawa?	Naha.
70.	What does the word "Soke" mean?	Head of the family, founding father (Mr. Ueichi)
71.	What does shubukan mean?	Headquarters
72.	What is the purpose of belts and the ranking system?	It motivates students and is a form of recognition of a student's progress. It also gives students a general idea of each other's knowledge and skills.
73.	Name the Kyu ranks.	Jukyū, Kyūkyū, Hachikyū, Sīchikyū, Rokkyū, Gōkyū, Yōnkyū, Sankyū, Nikyū, Ikkyū.

## Uechi Ryu Karate Study Guide

---

74.	<b>Name the Dan ranks.</b>	Shodoan, Nidan, Sandan, Yodan, Godan, Rokudan, Sichidan, Hachidan, Kyudan, Judan.
75.	<b>Name the Master titles.</b>	Renshi, Kyoshi, Hanshi, Hanshi, Hanshi-sei.
76.	<b>Who is Kanbun Uechi?</b>	The founder of our style.
77.	<b>Who was Mr. Kanbun Uechi's teacher?</b>	Mr. Chou Tzo-Ho (commonly known as Shushiwa), of Fuchow city in Fukein province, China.
78.	<b>What kata and techniques did Kanbun Uechi bring back from China?</b>	Sanchin, Seisan, Sanseiryu, kotekitae (arm pounding), and jiyu-kumite (freestyle sparring)
79.	<b>How long did Kanbun study in China?</b>	For 13 years: 10 as a student of Chou Tzu-Ho (Shushiwa) and 3 years as a teacher.
80.	<b>Why did Kanbun leave China?</b>	In 1909 one of Kanbun's students kills a neighbor in a dispute over irrigation of the drought stricken rice fields. Kanbun closes the school and leaves China, vowing never to teach karate again.
81.	<b>When and how did Kanbun begin teaching again?</b>	In 1924 Kanbun went to Wakayma, Japan to work as a janitor in a cotton mill. There he met Ryuyu Tomoyose and was convinced to begin teaching again.
82.	<b>When did Kanbun become a grand master?</b>	In Autumn 1940.
83.	<b>When was Kanbun Uechi born and when did he die?</b>	May 5, 1877 – November 25, 1948
84.	<b>When did Kanbun's students name Pangainoon to Uechi Ryu?</b>	In 1948 when Kanbun Ueichi died his students renamed the style of karate from Pangainoon to Uechi-ryu out of respect for him
85.	<b>Who first introduced Okinowan karate to Japan?</b>	Gichin Funakoshi, founder of the Shotokan style.
86.	<b>When was Kanei Uechi born and when did he die?</b>	June 26, 1911 – February 24, 1991.
87.	<b>When was Kamei Uechi born?</b>	May 10, 1941
88.	<b>When was Kanmei Uechi born?</b>	May 10, 1941 Kanmei Uechi, the eldest son of Kanei Uechi was born.
89.	<b>When was Uechi-ryu first taught in Okinawa?</b>	1942 by Kanei Uechi in Nago Okinawa.
90.	<b>By who and when was Uechi-ryu first taught in America?</b>	1958 by George Mattson in Boston, MA

## Uechi Ryu Karate Study Guide

---

91.	<b>When did George Mattson begin his study of Uechi-ryu?</b>	Winter 1956., as the age of 19. He studied for about one and a half years under Ryuko Tomoyose.
92.	<b>Who is Mr. Stones teacher?</b>	Mr. Buzz Durkin
93.	<b>What is Mr. Durkin's rank and title?</b>	Kyudan Hanshi
94.	<b>Who is Mr. Durkin's teacher?</b>	Mr. Mattson
95.	<b>Who was Mr. Mattson's teacher?</b>	Mr. Ryuko Tomoyose of Okinawa.
96.	<b>Who was Mr. Tomoyose's teacher?</b>	Mr. Kanei Uechi and Mr. Ryuyu Tomoyose
97.	<b>Who was Mr. Kanei Uechi's teacher?</b>	Mr. Kanbun Uechi
98.	<b>What was Mr. Kanei Uechi's rank?</b>	Judan Hanshi-sei
99.	<b>What is the butokukai , and when was is formed?</b>	The Butokukai is the "gathering of schools that study the virtue of the martial arts" and was formed in 1984 by Mr. Buzz Durkin.
100.	<b>When did Mr. Durkin open his dojo?</b>	Mr. Durkin opened his dojo in 1974 in Salem, NH.
101.	<b>When did Mr. Stone begin his study of Uechi-ryu?</b>	1986.
102.	<b>Kiotsuke</b>	Attention
103.	<b>Rei</b>	Bow
104.	<b>Kamaete</b>	Post Position
105.	<b>Hajime</b>	Begin
106.	<b>Yame</b>	Stop
107.	<b>Ganbarimasu</b>	Do one's best.
108.	<b>Migi ashimae</b>	Right foot forward
109.	<b>Hidari ashimae</b>	Left foot forward
110.	<b>Shomen</b>	Front
111.	<b>Sensei</b>	Teacher ( one who has gone before)
112.	<b>Kami Dana</b>	Guard Shelf
113.	<b>Kotekitae</b>	Forging of Bone
114.	<b>Bunkai</b>	Application
115.	<b>Karate-Do</b>	The Way of Karate
116.	<b>Domo Arigato</b>	Thank You
117.	<b>Kiai</b>	Shout of Spirit
118.	<b>Uke</b>	To Accept
119.	<b>Wa-Uke</b>	Circular Block
120.	<b>Hajiki</b>	Striking Block
121.	<b>Shinkokyu</b>	Deep Breathing Exercise