

Uechi Ryu Karate Study Guide

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

Uechi Ryu Karate Study Guide

22.	Define Modesty	To be humble, not to show off
23.	Define Courtesy	Being polite, showing kindness to others
24.	Define Integrity	Truth, choosing to do the right thing
25.	Define Compassion	A deep awareness of, and sympathy for others
26.	Define Gratitude	To be thankful for, and to appreciate all that we have
27.	Define Self- Control	Maintaining discipline over your emotions, actions, and words
28.	Define Perseverance	To never give up
29.	Define Indomitable Spirit	The humble energy we have inside us that keeps us going
30.	What is the original Chinese name for the system of karate we study?	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.	What does Pangainoon mean?	Half-hard/Half-soft.
32.	How many kata are in Uechi-ryu karate?	Eight
33.	Name the Uechi-ryu kata.	Sanchin, Kanshiwa, Kanchu, Seichin, Seisan, Seiryu, Kanchin, Sanseiryu.
34.	What are the three main kata?	Sanchin, Seisan, Sanseiryu.
35.	What does Sanchin mean?	Three modes or conflicts: mind, body and spirit.
36.	What does Kanshiwa mean?	Combination of two names: Kanbun and Shushiwa.
37.	What does Kanchu mean?	Combination of two names: Kanbun and Shushiwa.
38.	What does Seichin mean?	Combination of two katas: Seisan and Sanchin.
39.	What does Seisan mean?	13 positions of attack and defense.
40.	What does Seiryu mean?	16 positions of attack and defense.
41.	What does Kanchin mean?	Combination of the name Kanbun and the kata, Sanchin.
42.	What does Sanseiryu mean?	36 positions of attack and defense
43.	What is the original name of Kanshiwa?	Kanshabu
44.	What is the original name of Kanchu?	Daini Seisan (Second Seisan, Little Seisan)
45.	What does "Bunkai" mean?	Analysis or application of kata.
46.	What is a straight punch (flat fist) called?	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.	Name the Dan ranks.	Shodoan, Nidan, Sandan, Yodan, Godan, Rokudan, Sichidan, Hachidan, Kyudan, Judan.
75.	Name the Master titles.	Renshi, Kyoshi, Hanshi, Hanshi, Hanshi-sei.
76.	Who is Kanbun Uechi?	The founder of our style.
77.	Who was Mr. Kanbun Uechi's teacher?	Mr. Chou Tzo-Ho (commonly known as Shushiwa), of Fuchow city in Fukein province, China.
78.	What kata and techniques did Kanbun Uechi bring back from China?	Sanchin, Seisan, Sanseiryu, kotekitae (arm pounding), and jiyu-kumite (freestyle sparring)
79.	How long did Kanbun study in China?	For 13 years: 10 as a student of Chou Tzu-Ho (Shushiwa) and 3 years as a teacher.
80.	Why did Kanbun leave China?	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.	When and how did Kanbun begin teaching again?	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.	When did Kanbun become a grand master?	In Autumn 1940.
83.	When was Kanbun Uechi born and when did he die?	May 5, 1877 – November 25, 1948
84.	When did Kanbun's students name Pangainoon to Uechi Ryu?	In 1948 when Kanbun Ueichi died his students renamed the style of karate from Pangainoon to Uechi-ryu out of respect for him
85.	Who first introduced Okinowan karate to Japan?	Gichin Funakoshi, founder of the Shotokan style.
86.	When was Kanei Uechi born and when did he die?	June 26, 1911 – February 24, 1991.
87.	When was Kamei Uechi born?	May 10, 1941
88.	When was Kanmei Uechi born?	May 10, 1941 Kanmei Uechi, the eldest son of Kanei Uechi was born.
89.	When was Uechi-ryu first taught in Okinawa?	1942 by Kanei Uechi in Nago Okinawa.
90.	By who and when was Uechi-ryu first taught in America?	1958 by George Mattson in Boston, MA

Uechi Ryu Karate Study Guide

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