



UECHI-RYU KARATE-DO

Kanbun Uechi, the founder of Uechi-Ryu Karate, was born on May 5, 1877 in Takinto, Okinawa, Japan. In 1897 he left Okinawa for China to flee military conscription. While in China he studied martial arts at the Fu Chuan Shin Temple (1897-1910). The Chinese name for the system he studied was Pangainoon. The first three years of Kanbun's training were devoted only to the kata Sanchin. Kanbun stayed in China for a number of years before returning to Okinawa in 1910. Kanbun established his first dojo in Japan in 1925 and began teaching Pangainoon. Kanbun's son, Kanei, renamed the system to Uechi-Ryu after the death of his father in 1948.

Uechi-Ryu Karate emulates three animals; the dragon, tiger, and crane. Each kata does not represent only one animal, but all three animals. **The dragon** (ryu or ryo) represents strong breathing, use of the "dragon's claw" for grabbing in conjunction with blocks and long dynamic movements and footwork. **The tiger** (tora) is represented by the tension of the muscles during the kata. Muscles are tightened for strength when needed and remain supple and elastic for speed during transition and attack. The one knuckle strike (shoken) and big toe kick (sokusen) are called the "tiger's teeth". Hiraken fist is also called "tiger fist" because it resembles a tiger's paw. **The crane** (tsuru) is represented in the upright stance with the shoulders and head always over the hips. The one-legged stance of the crane (tsuru dachi) teaches balance and grace.

SCHOOL RULES

The student shall conduct him/herself in a manner that will reflect the utmost humility and respect for themselves and their school. The student shall be loyal, honest, and possess a high degree of integrity with a practical purpose of developing cooperation and trust of fellow students and teachers.

1. No food, drinks, gum, smoking or profanity in the school.
2. Always address the head instructor as Sensei.
3. Always address senior students (both in age and in rank) as Mr. or Mrs./Ms. and their last name while in the school.
4. Never leave the class for a break, water or any early dismissal except with permission.
5. When late for class ask permission to enter.
6. Always pay strict attention to the instructor and not to other distractions.
7. Jewelry is not allowed in the workout area.
8. No use of equipment unless authorized by the head instructor.
9. No sparring allowed in the workout area unless authorized by the head instructor.
10. Students are not allowed to train at any other dojo, unless they receive permission from the head instructor.
11. Any outside activities that bring discredit to the head instructor, school, or the student (fighting, etc..) are sufficient reasons for dismissal.
12. Never lose your temper in the school.
13. Never lean on walls or lay on the floor. Students must stand, kneel, or sit.
14. Students must always keep their finger and toenails clipped and clean.
15. No horseplay or loud talking in the school.
16. Never talk in class, except to ask or answer a question.

ADULT RANKING SYSTEM

The adult ranking system is broken up into two sections; the “kyu” ranks (those without rank) and the “dan” ranks (those with rank). The “kyu” ranks begins with a white colored belt and end with a brown colored belt and count down from 10 to 1. The “dan” ranks are represented by a black colored belt and count up from 1 to 10 – otherwise known as “degrees”.

KYU RANKS	DAN RANKS
10 - Jukyu (white belt)	1 – Shodan
9 - Kyukyu (white belt with 1 hash mark)	2 – Nidan
8 - Hachikyu (white belt with 2 hash marks)	3 – Sandan
7 – Sichikyu (white belt with 3 hash marks)	4 – Yondan
6 – Rokkyu (green belt)	5 – Godan
5 – Gokyu (green belt with 1 hash mark)	6 – Rokudan
4 – Yonkyu (green belt with 2 hash marks)	7 – Sichidan
3 – Sankyu (brown belt with 1 hash mark)	8 – Hachidan
2 – Nikyu (brown belt with 2 hash marks)	9 – Kyudan
1 – Ikkyu (brown belt with 3 hash marks)	10 – Judan

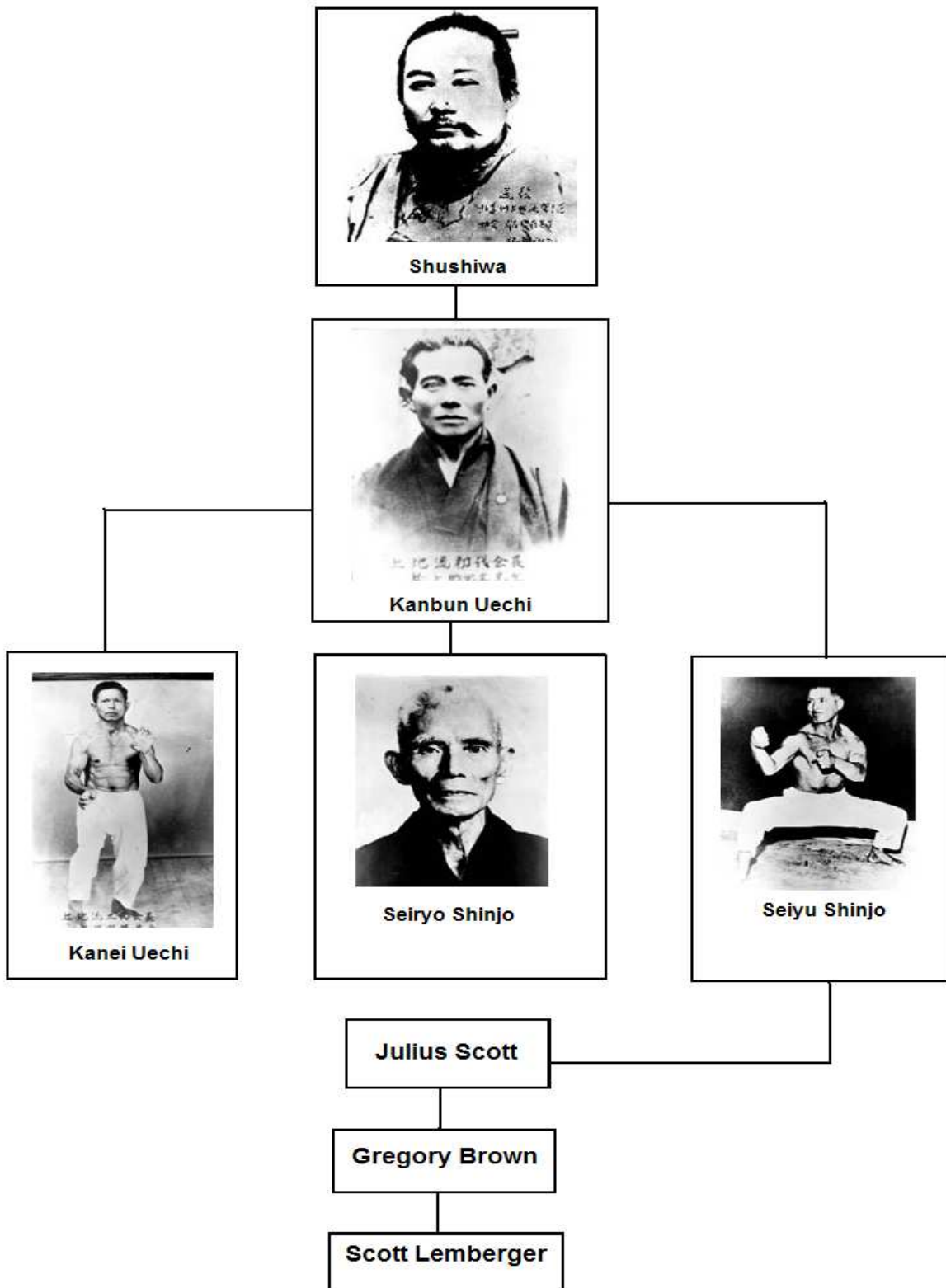
YOUTH RANKING SYSTEM

Students in the youth classes are not allowed to test for the rank of “Shodan” until they are at least 16 years of age. Because of this age requirement, there are more ranks in this ranking system. Each rank from white through red colored belts contains hash marks. Once the student has received 4 hash marks he/she can be considered for the next rank.

*= ranks correspond to adult ranking system

White belt	Red belt
Yellow belt	Red belt with black stripe
Yellow belt with black stripe	Green belt with black stripe
Orange belt	*Green belt (Rokkyu)
Orange belt with black stripe	*Green belt with 1 hash mark (Gokyu)
Purple belt	*Green belt with 2 hash marks (Yonkyu)
Purple belt with black stripe	*Brown belt with 1 hash mark (Sankyu)
Blue belt	*Brown belt with 2 hash marks (Nikyu)
Blue belt with black stripe	*Brown belt with 3 hash marks (Ikkyu)
	*Dan ranks (<i>see adult ranking system</i>)

OUR DOJO LINEAGE



TERMINOLOGY AND TRANSLATIONS

CLASS CLOSING

Instructor: *Go kuro sama* (thank you for your troubles)

Students: *Arigato gozaimasu* (thank you very much)

OTHER TERMS USED IN THE DOJO

Sensei = teacher, instructor	Dojo = school
Kiai = shout of spirit	Migi-ashimai = right stance
Hidari-ashimai = left stance	Kiba-dachi = low stance (horse stance)
Mawate = turn / pivot	Ate = strike
Uke = block	Tsuki = thrust (straight)
Jodan = high area	Chudan = middle area
Gedan = low area	Yoi = set or ready
Hajume = begin	Yasume = rest
Yame = stop	Ryote = doubles
Kata = form or formal exercise	Uchi = turning inside strike (circular)
Nuki = strike (poking with small weapon)	Heishu = closed hand
Zuki = punch	Hajiki = snapping
Harai = downward	Tate = vertical, forward
Wauke = double arm open hand circle block	Rei = bow
Makiwara = pounding board	Arigato = Thank you

PARTS OF ARM AND HAND USED FOR BLOCKING, STRIKING AND THRUSTING

Seiken – forefist	Teisho Bushiken – palm hand
Testui – hammer fist	Shoken – 1 knuckle
Ipponken Shokento – 1 knuckle fist	Hiraken – foreknuckle fist
Uraken – back fist	Shuto – knife hand
Hirate – open hand	Haito – ridge hand
Yonhon Nukute – spear	Haishu – back hand
Kaishu – open hand	Ude – arm
Hiji – elbow	Shotei – heel of palm

TYPES OF BLOCKS

Uke Waza – blocking techniques	Chudan Uke – middle area block
Gedan Barai Uke – low area down block	Jodan Hijiki Uke – high area snapping block
Kake Uke – hooking block	Sukuiage Uke – scooping lift block
Jodan Age Uke – upper area block	Sukui – scoop, hook, or lift
Hirate – open hand	Haito – ridge hand
Yonhon Nukute – spear	Haishu – back hand
Kaishu – open hand	Ude – arm
Hiji – elbow	Shotei – heel of palm

THRUSTING TECHNIQUES

Chodu Tsuki – forefist straight thrust	Jodan Tsuki – upper straight thrust
Chudan Tsuki – middle straight thrust	Gedan Tsuki – low straight thrust

PARTS OF THE LEG USED FOR KICKS

Koshi – ball of foot	Kakato – heel
Hiza – knee	Sokuto – edge of foot
Teisoku - sole	

OTHER TERMS USED TO DESIGNATE A KICK

Geri – kick	Mae – front
Yoko – side	Ushiro – back
Kai Ten Ushiro – spinning back	

COUNTING IN JAPANESE

In most dojo's today, the language of the dojo will often include some Japanese. One of the most frequent times that Japanese will likely be spoken is when the Sensei, or one of the senior students, is counting out loud. In fact learning to count in Japanese is really quite simple, and since these commands are used often, and repeated over and over again, at least up to the number ten, you are bound to catch on quickly.

1 = ichi	11 = ju ichi
2 = ni	12 = ju ni
3 = san	13 = ju san
4 = shi (yon)	14 = ju shi (ju yon)
5 = go	15 = ju go
6 = roku	16 = ju roku
7 = shichi	17 = ju shichi
8 = hachi	18 = ju hachi
9 = ku	19 = ju ku
10 = ju	20 = ni ju

Above the number twenty the numbers are pronounced in a slightly different manner. For example the number 20 in Japanese translates as "2 - 10's" and continuing on, therefore, the number 21 would be considered as "2 - 10's plus 1" and is "ni ju ichi", 22 is "ni ju ni", etc.. .

“JUNBI UNDO” AND “HOJO UNDO”

Kanei Uechi, besides adding kata, also introduced a sequence of exercises to the Uechi-Ryu training regimen. The *junbi undo* are warm-up and stretching exercises based on Asian school training exercises. The "[hojo undo](#)" are standardized exercises that incorporate elements of all of the kata of the system.

JUNBI UNDO (*preliminary exercises*)

Ashi sakio ageru – heel pivot

Kagato O ageru – heel lift

Hiza mawasu – knee circular

Ashio uchi nanameni abery – straight leg kicking

Koshino nenten – body stretching

Kubi no undo – neck exercise

Furi zuki – roundhouse punch exercise

Ashikubi O mawasu – foot/circle

Ashi mae yoko – leg lift & turn

Taio mae ni taosu – waist scooping

Udeo mae yoko shitani nobasu – arm thrusting

HOJO UNDO (supplementary exercises)

Shomen geri – front kick

Sokuto geri – side of the foot kick delivered 45 degrees to the front

Hajki uke hiraken tsuki – upward snapping block, 4 knuckle punch, outward forearm block, 4 knuckle punch

Uke shuto ura chundan tsuki – circle block, chop, backfist, 1 knuckle middle area punch

Seiken tsuki – fist punch

Hiji tsuki – forward, side, and rear elbow strikes

Mawashi tsuki – alternating roundhouse hiraken strikes

***Tenshin zensoku geri** – 90 degree turn, circle block, and front leg kick

***Tenshin kosoku geri** – 90 degree turn, circle block, and rear leg kick

***Tenshin shoken tsuki** – 90 degree turn, circle block, and shoken punch (alternating)

Shomen hajiki – stepping forward & back while executing a snapping strike to the eyes w/ the back of the fingers

Shomen nukite – stepping forward and back while executing a strike to the eyes with the fingertips in a flicking motion

Koy no ship uchi tate uchi – carp tail snap block, done with the back of the wrist in 4 different directions

Koy no ship uchi yoko uchi – carp tail snap block, done from side to side

**Note: the first turn for each tenshin exercise is done at 45 degrees with the remainder at 90 degrees.*

DEFINITION AND PURPOSE OF KATA

A “kata” is a set of pre-arranged movements which are designed to develop certain abilities in the karate student. It is from kata that all karate techniques and principles come. There are eight kata in Uechi-Ryu. Sanchin, the most basic kata, develops the mental principles necessary to truly understand Uechi-Ryu. At first glance, Sanchin may appear to be a simple exercise, consisting of basic movements; however it is a form of moving meditation which teaches the student to blend the physical, the mental, and the spiritual.

KATA

There are eight kata taught in Uechi-Ryu Karate...

1. **SANCHIN*** (three steps or conflicts)
2. **KANSHIWA** (originally named Kanshabo) - (perfect peace, unity)
3. **KANSHU** (originally named Dai Ni Seisan) - (second Seisan/thirteen)
4. **SEICHIN** (ten conflicts)
5. **SEISAN*** (thirteen positions of defense & attack)
6. **SEIRUI** (sixteen positions of defense & attack)
7. **KANCHIN** (perfect battle)
8. **SANSEIRYU*** (thirty-six positions of defense & attack)

*= indicates the three main kata which came from Pangainoon and taught by Kanbun Uechi. The remaining five kata are known as bridging kata and were developed by Kanei Uechi.

PRE-ARRANGED KUMITE

Kanei Uechi developed a set of pre-arranged sparring exercises for the colored (non-black) belt ranks. These exercises are referred to as kumite. They involve two partners exchanging a formal sequence of blocks and strikes. There are five of these exercises. These exercises help students become familiar with the application of Uechi Ryu techniques. They are as follows;

1. **Kyu Kumite**
2. **Yakuso Kumite (dai ichi)**
3. **Yakuso Kumite (dai ni)**
4. **Dan Kumite**
5. **Kadena Kumite**

PRINCIPLES OF PRACTICE

(by Kanei Uechi)

- 1.** The purpose of karate training is to discipline the mind and body and to master the art of self defense.
- 2.** A karate practitioner should be well mannered and modest, value courtesy, always wear decent clothing, pay attention to his speech and actions, and work hard at training day and night.
- 3.** A karate practitioner must never call upon his strength in a quarrel, speak harshly, act roughly, or become troublesome to others.
- 4.** A karate practitioner must never bring shame upon himself or his school in either speech or action.
- 5.** A karate practitioner must never speak arrogantly, fall into laziness, or act conceitedly. He should endeavor to work diligently at training and improving himself.
- 6.** A karate practitioner should respect decorum and the martial arts, maintain the fine traditions of karate and contribute to society.

SENSITIVE AREAS OF THE HUMAN BODY

To be effective in self-defense, beginning students should learn the areas of the body sensitive to pain. All striking/kicking techniques should be directed toward these areas.

FRONT VIEW

BACK VIEW

