

GENERAL KNOWLEDGE

Uechi-Ryu/ Shohei-Ryu Karatedo

ZenQuest Martial Arts Center

“A” - KYUKYU (YELLOW STRIPE)		
1	How do students learn in the martial arts?	By listening carefully to the instructors, having a positive attitude, and the best that they can in every class.
2	What should the student do if they have a question or comment for the instructor?	Raise their hand and wait until called upon. They must also be patient sometimes and wait to give comments and questions
3	Should students (or their parents) ask about when they will be promoted?	No. Instead, they should focus on good attendance, working hard, and being enthusiastic about learning.
4	At the end of each class the instructor says " Go kura sama. " What does this mean?	Thank you for working hard and doing your best
5	At the end of each class the students say " Domo arigato gozai mashta. " That means?	Thank you very much
6	Escape Techniques	Front Choke, Single Wrist Grab
“B” - HACHIKYU (YELLOW BELT)		
1	What is a place for Karate training called in Japanese?	Dojo
2	What are teachers in the <i>dojo</i> called?	Sensei
3	What is the uniform and belt called in Japanese?	Gi (Uniform) and Obi (Belt)
4	What are the basic positions of dojo etiquette? (The student must demonstrate each position)	Kiotsuke (attention), Rei (Standing Bow), Anza (Cross-leg Sitting), Seiza (Kneeling), Mokuso (Eyes Closed Relaxation), Zarei (Kneeling Bow)
5	What are the “keywords” in the first half of the Dojo Code of conduct?	Respect, Self-defense, Perseverance, Honor, & Responsibility
6	What is the proper way to tie the belt? How do we keep our belt tied?	The student must demonstrate tying their belt. We keep our belt tied by making a habit of checking it often.
7	Escape Techniques	Front Bear Hug (Arms Out), Crossed Wrist Grab
“C” - NANAKYU (BLUE STRIPE)		
1	When should students bow in the dojo?	1) When entering or leaving the training room 2) When greeting an Instructor or Senior Student 3) When starting or finishing a formal exercise 4) After help from a Sensei or Senior Student
2	On what three animals are the movements of our <i>Karate</i> style based?	The Tiger, Crane, and Dragon
3	How do you count to ten in Japanese or <i>Nihongo</i> ?	Ich, Nee, San, Chee, Go, Rook, Sich, Hach, Kyu, Jyu
4	How can each student help to make the dojo a clean and pleasant place to learn?	By keeping themselves and their equipment neat and clean
5	What does the word " <i>Karate</i> " mean?	Empty Hands (self-defense without weapons)
6	What does the word " <i>Sanchin</i> " mean?	Three Battles
7	How can the student be respectful in the dojo?	By using good manners and treating the instructors and other students well.
8	Escape Techniques	Sucker Punch, Front Bear Hug (Arms In)
“D” - ROKKYU (BLUE BELT)		
1	How do students qualify for a rank or belt promotion?	They must: 1) Learn the required skills and knowledge, 2) show development of mind, body and spirit 3) attend the required minimum number of classes
2	What is your present rank in Japanese?	Nanakyu (Changes with each promotion)
3	How do you say "right foot forward" in Japanese?	Migi Ashi Mae

4	How do you say "left foot forward" in <i>Nihongo</i> ?	Hidari Ashi Mae
5	What do the keywords in first half of the Dojo Code of conduct mean?	Respect - Treating everyone with courtesy and consideration. Self-defense - Having self-control to use martial arts skills ONLY for protection. Perseverance - Succeeding through dedication, hard work, and always doing your best. Honor – Knowing what is right and wrong and choosing what is right. Responsibility - Taking action when things need to be done and accepting your results.
6	What is the name of the style of Karate you are studying?	Uechi-Ryu Karatedo (also known as Shohei-Ryu)
7	What does <i>O-negai shimas</i> mean?	"May I have your attention?" or "May I do this?"
8	Escape Techniques	Rear Choke, Headlock
"E" - GOKYU (GREEN STRIPE)		
1	Why is our style called Uechi-Ryu?	It was named after Grandmaster Uechi Kanbun
2	What does the word " <i>Shohei</i> " mean?	Sho - to shine or bright, Hei - peace, fairness, equality
3	What does the word " <i>Ryu</i> " mean	Style
4	What is the name of the association which governs <i>Shohei-Ryu Karatedo</i> around the world?	The Okinawa Karate-Do Kyokai (Association) or OkiKuKai
5	Who are the Owners and Chief Instructors of the ZenQuest Martial Arts Center?	Senseis Mark and Connie Flynn
6	What is considered the single most important aspect of <i>Karate</i> training?	Sanchin Kata
7	What does the word " <i>Kata</i> " mean?	Pattern or form
8	How do you say "begin" and "stop" in <i>Nihongo</i> ?	Hajime - Begin, Yame – Stop
9	What are the five goals of <i>Sanchin</i> development (also known as the "five factors" of Sanchin)?	> Learning and integrating all parts of the primary STANCE > Mastery of the proper BREATHING method > Developing penetrating EYES and acute insight > Cultivation of spiritual CONCENTRATION and focus > Developing pliable STRENGTH in the body
10	Escape Techniques	Rear Bear Hug (Arms In), Full Nelson
"F" - YONKYU (GREEN BELT)		
1	What three elements are students judged on in rank testing?	Form, strength and spirit
2	What is the meditation performed at the end of each class called and what is its purpose?	Mokuso is performed to relax and clear the mind.
3	What are Sensei Mark's and Sensei Connie's Ranks?	Sensei Mark - Nanadan (7th degree black belt) Sensei Connie - Nanadan (7th degree black belt)
4	What does the word " <i>Senpai</i> " mean?	Senior student/ Leader
5	What does the word " <i>Kohai</i> " mean?	Junior student
6	What does " <i>Yakusoku Kumite</i> " mean?	Prearranged Sparring (sparring drills)
7	What does " <i>Jiyu Kumite</i> " mean?	Freestyle Sparring
8	What is the meaning of the "Sanchin Knot?"	The right fist represents martial arts skill , the left hand represents control .
9	What is the purpose of the <i>Kiai</i> ?	To add focus and spirit to technique, and to break an opponent's concentration.
10	What are the "keywords" in the second half of the Dojo Code of behavior?	Dedication, Patience, Courage, Self-Control, & Humility
11	Escape Techniques	Single Lapel Grab, Shoulder Grab

“G” - SANKYU (BROWN STRIPES)		
1	What does the word "do" mean?	Way or Path
2	What qualities are symbolized by the Tiger, Dragon and Crane in <i>Shohei-ryu/ Uechi-ryu Karatedo</i> ?	Tiger - Strength and Intensity Crane - Softness and Gracefulness Dragon - Swiftness and Unpredictability
3	What are the ten <i>Kyu</i> ranks (from tenth to first level) in Japanese?	Jyukyū, Kyūkyū, Hachikyū, Nanakyū, Rokkyū, Gokyū, Yonkyū, Sankyū, Nikyū, Ikkyū
4	Who created <i>Sanchin kata</i> ?	Bodhi Dharma (a Zen priest from India)
5	What are the Japanese words for punch, kick and strike?	Tsuki, geri and uchi
6	What are the two known former names of the style you are studying?	Uechi-Ryu and Pan-gai-noon
7	What does " <i>Pan-gai-noon</i> " mean?	Hard and Soft
8	Who were the first and second Grand Masters of <i>Uechi-Ryu/ Shohei-Ryu Karatedo</i> ?	Uechi Kanbun (1 st) and Uechi Kanei (2 nd)
9	What are the four characteristic techniques used in <i>Shohei-Ryu/ Uechi-Ryu Karatedo</i> ?	Shoken (single-knuckle punch), Wa-uke (circular block), Sokusen (toe kick), Nukite (spear hand)
10	What are the first five adult black belt ranks (from first to fifth degree) in <i>Nihongo</i> ?	Shodan, Nidan, Sandan, Yondan, and Godan
11	What does " <i>Bunkai</i> " mean?	Analysis
12	Escape Techniques	Double Lapel Grab, Front Choke (Wall)
“H” - NIKYU (BROWN BELT)		
1	What is the correct breathing method used in <i>Sanchin Kata</i> ?	Breathing-in through the nose, and out with short burst through the mouth with striking movements, making a "hissing" sound. The timing of breathing should be as natural as possible.
2	How do you say "excuse me" in <i>Nihongo</i> ?	Sumi masen
3	How do you say "Please do" or "Be my guest" in <i>Nihongo</i> ?	Dozo
4	What are the names and ranks of Senseis Mark's and Connie's teachers?	Sensei Toshio Higa and Sensei Shigeru Takamiyagi (both Hanshi Jyudan-10 th degree black belt)
5	Where did <i>Kanbun Uechi</i> study Pan-gai-noon?	Fujian Province, Southern China
6	What is the meaning of <i>Kime</i> ?	A sudden burst of energy, focusing the forces of the mind, body and spirit on a point. <i>Kime</i> combines muscle contraction, breath, technique, speed, timing, and distancing.
7	What rank is reserved for Black Belts that are 15 years of age or younger?	Jun Shodan
8	How long did <i>Kanbun Uechi</i> study in China?	13 years (1897 to 1910)
9	Who was <i>Kanbun Uechi's</i> teacher?	A Shaolin Master named <i>Shu Shi Wa</i>
10	What are the five Master ranks (from sixth to tenth degree)?	Rokudan, Nanadan, Hachidan, Kyudan, and Jyudan
11	What does " <i>Wakarimasen</i> " mean?	"I do not understand" or "I do not know"
12	Escape Techniques	Double Front Choke (Wall), Double Lapel-Grab (Wall)
“I” - IKKYU (BLACK STRIPES)		
1	What was the original name of our school?	The Okinawan Karate School
2	What blocking element separates <i>Shohei-Ryu/ Uechi-Ryu</i> from other Okinawan Karate styles?	Nigiru (grabbing or holding)
3	What are the three main/original <i>kata</i> ?	Sanchin, Seisan, and Sanseiryu
4	What are the other six <i>kata</i> in <i>Shohei-ryu</i> ?	Kanshiwa, Kanshu, Seichin, Seiryu, Kanchin, and Ryuko
5	Who was the original owner of the Okinawan Karate School in Pittsfield?	Sensei Frank Gorman

6	The Okinawan Karate School first established in what year?	1972
7	When did the Okinawan Karate School become the ZenQuest Martial Arts Center?	2010
8	What does the name ZenQuest signify?	The pursuit of self-improvement through martial arts training.
9	What is the headquarters of the <i>Okinawan Karatedo Kyokai</i> in Okinawa called?	The <i>Kenshukai Kan</i>
10	Where is Sensei Takamiyagi's dojo?	<i>Chatan-Cho, Okinawa</i>
11	What do the keywords in second half of the Dojo Code of conduct mean?	Dedication - Commitment to prompt and consistent class attendance, and following instructions Patience - Understanding that important achievements require time and hard work Courage - The ability to stay calm, focus, and perform under pressure Self-Control - The ability to control behavior and emotions to achieve your goals Humility - Being modest and considerate of others
12	Escape Techniques	Push or Knock Down, Mount Escape
“J” - SHODAN/ JUN SHODAN (BLACK BELT/ JUNIOR BLACK BELT)		
1	What does <i>Zanshin</i> mean?	Total awareness
2	What does <i>Mushin</i> mean?	Complete clarity of the mind
3	What is the purpose of the <i>Sanchin Gami</i> or Jars?	To develop strength (especially in the grip.)
4	What are the three Master Titles?	<i>Renshi</i> (for <i>Rokudan</i>), <i>Kyoshi</i> (for <i>Nanadan</i> and <i>Hachidan</i>), and <i>Hanshi</i> (for <i>Kyudan</i> and <i>Jyudan</i>)
5	When was the Okinawa Karatedo Association or <i>OkiKuKai</i> formed?	1991
6	What are the dates when <i>Uechi-Ryu's</i> first two grand masters began teaching?	<i>Uechi Kanbun</i> - 1908 (China) <i>Uechi Kanei</i> - 1940 (Japan)
7	Where and when did <i>Uechi Kanei</i> begin his study of <i>Karate</i> ?	Wakayama Prefecture in Japan in 1930
8	What are the life-span dates of <i>Uechi-Ryu's</i> first two grand masters?	<i>Uechi Kanbun</i> - 1877 to 1948 <i>Uechi Kanei</i> - 1911 to 1991
9	Give the years for when the terms " <i>Uechi-Ryu</i> " and " <i>Shohei-Ryu</i> " were each first used?	<i>Uechi-Ryu</i> – 1940 <i>Shohei-Ryu</i> – 1995
10	What are the Japanese words for the Dojo Code?	<i>Sonkei</i> – Respect, <i>Mamorimas</i> - Self-defense, <i>Ganbarimas</i> – Perseverance, <i>Meiyo</i> – Honor, <i>Sekinin</i> – Responsibility, <i>Yudaneru</i> - Dedication, <i>Gaman</i> - Patience, <i>Yuuki</i> - Courage, <i>Yokusei</i> - Self-Control, & <i>Kenson</i> - Humility
11	What are the three “major” styles of <i>Karate</i> in Okinawa today?	<i>Uechi-ryu, Goju-ryu, and Shorin-ryu</i>
12	What is the meaning of <i>Bushido</i> or the Warrior Spirit?	To train the mind, body and spirit to be pure and strong.
13	What are the three <i>Bunkai(s)</i> in <i>Shohei-Ryu</i> ?	<i>Kanshiwa Bunkai, Seisan Bunkai, and Sanseiryu Bunkai.</i>
14	What are the Japanese words for Tiger, Crane and Dragon?	Tiger - <i>Tora (or Ko)</i> , Crane - <i>Tsuru</i> , Dragon - <i>Ryu</i>

Note: Advanced ranks should research additional history, terminology, and understanding through independent study. Supplemental dojo resources include the handouts: the **Welcome sheet**, the **Dojo Etiquette**, **Junbi Undo/ Hojo Undo, Being the Sempai, and Test Preparation**. Students may also find past newsletter articles and the “History of Uechi-Ryu” on the dojo website (www.zenquestmac.com) helpful.

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