



Master Kanbun Uechi



Master Kanei Uechi



Master Ken  
Nakamatsu

Taichi Nakamatsu

**North American  
Association**

**Jiteki-Jyuku**

**Uechi Ryu Student Manual**

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# Welcome

Welcome to our school and to the North American Jiteki Jyuku Association. We are honored that you have chosen our school for your karate and martial arts training. You have just made an important decision that will affect your life positively by starting down the path of martial arts training. Everyone here is committed to helping you on this journey.

The first few months of any martial arts training can be, without a doubt, difficult and awkward. The key to success is being patient and going at a pace with which you are most comfortable. In time, however, the study of the martial arts will show you how much you can really do and achieve! It is very exciting!

Please discuss any questions you may have with your instructor. A student's questions and any personal concerns will be kept confidential and we will work diligently to answer questions and resolve any concerns.

This manual is meant to supplement your training, but not replace it. It is an organic document that we regularly update and work to improve, just like your training. It is never finished and there is always room for improvement. This manual was authorized and approved by the directors of the North American Jiteki Jyuku Association, many of whom have studied martial arts for more than 30 years and are always learning and growing. We hope that you too will find inspiration in your Uechi Ryu training and that 30 years from now you will still be learning and improving.

Good Luck,

Robert A. Kaiser  
1st President  
North American

Jiteki Jyuku Association



# JI-TEKI-JYUKU (Self-reliance School)

One shall pursue true passage of his or her own doctrine. One's sorrow and joy should not be affected by the condemnation or praise by others. Self reliance (belief) is the true nature of true being.

## Vision

The North American Jiteki Jyuku Association works to develop and nurture a community of self-reliant martial artists who are devoid of ego and self-interest and dedicated to a life of strengthening body, mind and spirit. The NAJJA is committed to upholding the principles and traditions of Uechi-Ryu Karate Do through the teachings of Master Kanei Uechi, with the guidance of Masters Ken Nakamatsu and Frank Gorman.

## Mission

Through the study of Okinawan Uechi-Ryu Karate Do, we seek a path that supports all students to improve themselves through the practice and mastery of the technical, mental and spiritual principles to provide examples for future generations. To always keep sacred the traditions of dojo conduct and decorum.

## Disclaimer

The Authors, Association, and publisher of this manual are **NOT RESPONSIBLE** in any manner whatsoever for any injury which may occur through the reading or following the instructions in this manual. The activities, physical or otherwise are too strenuous or dangerous for some people, and the reader(s) should consult a physician before engaging in them.

# Uechi Ryu History

The history of Uechi-Ryu Karate-do is incomplete at best. Because the style was derived from several different arts in China, which were not written down, we must gather what we can, remember it, and pass on to future students.

The founder of Uechi-Ryu was an Okinawan named Kanbun Uechi. He was born in 1877 to a family of samurai status, but since the occupation of Okinawa in the 1600s by the powerful Satsuma clan from the island of Kyushu on mainland Japan, this status was taken away. The Uechi family turned to farming to make a living on the northern side of the island.

As Kanbun grew, so did his interest in the martial arts. It is said that he became quite good with the bo (6 foot staff). When he turned 18 and became old enough to be drafted into the Japanese army (1897), he and his parents decided that the best course of action would be for him to leave Okinawa for China. At the time, many Okinawans felt oppressed by the Japanese invaders and did not feel it was right that they should be forced to fight for what they felt was another country. As a result, many young men left for China where there was a strong historical tie between the two peoples. So, in 1897, Kanbun left Okinawa for Fuzhou city in southern China (Fukien Province).

After a short adjustment period, Kanbun began to study Chinese Kenpo (Pangainoon) under the famous Chinese master Zhou Zi He (Shu Shi Wa in Japanese). He studied under Zhou Zi He for ten years, becoming fluent in the Chinese language and proficient in Chinese medicine. After receiving a teacher's certificate in 1904, Kanbun became one of the first non-Chinese to teach Pangainoon in China when he opened his own school in the province of Nansoue. He had been warned by the villagers that it was unwise to open a school there as several people had already tried and failed. In time, however, Kanbun Uechi's reputation grew to the point that he was able to develop a very successful school. Then, one of his students, who was quiet and unassuming by nature, got into a fight with someone over a border dispute and killed him in self-defense. Unfortunately, the people of the village blamed Kanbun for teaching the student, which forced him to leave China after thirteen years.

Kanbun returned to Okinawa in 1910 at the age of 33, and vowed never to teach karate again. He became a farmer, married Gozei Toyama, and eventually had four children (two boys and two girls): Kanei (1911), Tsuru, Kame, and Kansei. After two uneventful years, an old student of his from China came to Okinawa and tried to convince Kanbun

to teach again but with no success. When Kanbun's old student got into a fight with one of the area's karate masters and defeated him, people asked from whom he learned his karate. He told them that Kanbun Uechi was the real teacher and people should seek him out. Kanbun Uechi's reputation in Okinawa grew, even though no one had seen him do anything. When people asked him to teach them, he denied any knowledge of the martial arts. When the townspeople finally confronted Kanbun with his old student, he could no longer deny it, but still he refused to teach.

Every year the local police department held a large martial arts demonstration where the local karate masters displayed their talent. The other karate masters, who were anxious to see Kanbun perform, asked the mayor of the city to ask that Kanbun participate. Uechi did not feel it would be proper to refuse a request from the mayor and when forced to perform in front of all of his peers, he performed an awe-inspiring Seisan kata, which was said to be his favorite. Due to the great skill of his demonstration, nobody wanted to perform after Kanbun Uechi, and the festival ended. Uechi's reputation grew so much after that, that he was asked by Itosu Anko, a great karate expert in Shorin-Ryu, to teach karate at the teachers college in Okinawa. There was so much pressure, that the quiet and modest Kanbun Uechi left for Wakayama, Japan.

Kanbun found a job at a spinning mill and lived beside it in a housing development for fellow Okinawans. There he met a young Okinawan named Ryuyu Tomoyose, who for some reason suspected that Kanbun knew karate. Tomoyose would make up stories concerning make-believe fights and tell them to Uechi, who would then tell Tomoyose what he should have done during the fight. Tomoyose tried to convince Kanbun to resume teaching, but he continued to refuse. Finally, after two years, Kanbun agreed to teach again. Tomoyose recruited other Okinawans around the mill and soon Kanbun Uechi had a flourishing school of several hundred students. His most important student was his oldest son Kanei, who trained for ten years before returning to Okinawa to open his own school in Nago. In 1949, Kanbun's students renamed the style Uechi-Ryu in the Master's honor.

Kanbun taught in Wakayama until 1946 when he returned to Okinawa. He handed over his school (Pangainoon-ryu Karate-jutsu Kenkyu-jo) to Ryuyu Tomoyose, and re-opened Kanei's school in Nago which had been closed during the war. Kanbun taught for two more years until he fell ill with a liver problem at the age of seventy-one. However, because a fortune-teller had once told him that he would live until his eighties, he refused to see a doctor, and died on November 25, 1948, on the island of Ie-Jima off the coast of Okinawa. It is rumored that on the day that Kanbun Uechi died, his pain was so intense that he jumped out of bed and got into a sanchin stance because it was the only position where he felt no pain, and then died.

Kanei moved to Ginowan City a year later and opened a school that his students had built for him. In 1956, he moved his school and family (three boys and three girls) to Futenma, which is still the headquarters of the Uechi-Ryu Karate Association. Kanei

continued to teach in Okinawa, and in the 1950s was one of the first Okinawans to teach karate to foreigners.

During the 1960s, Uechi-Ryu Karate-do grew tremendously around the world due to the efforts of Kanei Uechi, who was awarded judan (tenth degree) in 1967 by both the Zen Nihon Karate-do Renmei (All Japan Karate Federation) and the Zen Okinawa Karate-do Renmei (All Okinawa Karate Federation). It was during the 1950s and 60s that many of the supplemental exercises were added such as, junbi undo, the warm up exercises, and hojo undo, the technical drills, the five intermediate katas, and the Kyu and Dan kumites.

Kanei Uechi was very much like his father, humble and unassuming. He was respected by his students as well as his peers in the martial arts. He showed interest in all his students including his American "children." Kanei made two separate trips to the United States, once in 1967 and the other in 1984 to check on the progress of Uechi-Ryu in America. He also traveled to Taiwan and China in an attempt to discover the origins of Pangainoon.

Kanei continued to lead the Uechi world until his death on February 24, 1991. He was 80 years old. Since then, the Uechi-Ryu system has split up into several different organizations.



Master Kanei Uechi

# Master Ken Nakamatsu

by Geoffrey Crouse

Being a mathematics instructor and a deep thinking man, Nakamatsu Sensei has applied long hours of self study and scholastic pursuit towards developing an unsurpassed approach to the study of Okinawan Karate. Probably the most impressive and most significant thing that we as karate students can learn from Nakamatsu Sensei is diligent self-study. He says that even now he continues to grow more interested in karate training, math, and physics. It is not uncommon to enter Nakamatsu Sensei's dojo before a night of practice to find him hard at work in a dark training hall. He explains that practice in the dark facilitates spiritual training and awareness of the intricate nature of the body's physiology. It is also common to find Nakamatsu Sensei in detailed conversation with a fellow practitioner concerning complexities of hip motion, retaining focus, or use of the legs in various stances. Significantly, this is often done with practitioners of other styles because Nakamatsu Sensei believes that, in essence we are all involved in an intrepid journey towards the same goal.

First and foremost, Nakamatsu Sensei is a diligent student; perhaps this is what makes him an extraordinary teacher. In the three years I have spent in Okinawa, the practice at Nakamatsu Sensei's dojo has not changed in the movements we practice yet it has changed drastically in the way we think about and execute those movements. Our practice has evolved as we have. Whilst practicing in Nakamatsu's Dojo I have felt flattered to find Nakamatsu Sensei observing my movements, stepping aside into the mirror and observing his own then excitingly saying, "Naruhodo" (I've got it). I quickly realized that Nakamatsu Sensei is as likely to do this with a student in his first month of training as he is with another Kyudan (Ninth Degree Black Belt). That we can learn from one another is a fundamental aspect of his philosophy.

Nakamatsu Sensei believes that the understanding that we gain in karate practice is readily applicable to our lives as a whole. He often mimics kata done incorrectly to emphasize its lack of focus, power, and rhythm. We do not learn about ourselves in this kind of practice. In drastic contrast, he will demonstrate kata done properly in slow motion; the movements cease to be made with the limbs and his body moves as in one graceful powerful motion. He explains that each individual must find his own rhythm. This can only be done thru diligent practice and careful thought. Because we are always changing, it is natural that our form will always be in a constant state of change. As in life, there is no time for stagnation in karate. Our power can only be truly expressed when we begin to understand our own rhythm.

Nakamatsu Sensei has a long list of accomplishments including traveling all over Europe and the United States in the Capacity of a Karate instructor as well as a representative of the Japanese Education Ministry. He was born in November 26 in 1939 and started his practice of Uechi-ryu Karate-do under the tutelage of Master Kanei Uechi at the Futenma Dojo in 1958. His career in mathematics began in 1964 and he opened his own dojo in Adiniya Kitanakagusuku in 1986, where he teaches approximately fifteen students.

Nakamatsu Sensei worries that this is too many students for him to teach properly and often expresses concern over whether he can aptly meet the responsibility of guiding them in their training. I assure you it is being met. He is a highly respected member of the high school education system and the martial arts community in Okinawa. He is a Senior Ninth Degree Black Belt, a former Director of the all Okinawan Karate tournament sponsored by the Okikukai, and former Director of the Mathematics Department at the top academic high school in Okinawa. He has two strong, intelligent sons and a lovely wife. His oldest son Taichi has an amazing understanding of the fundamental aspects of his fathers' training system.

I would like to express my sincere gratitude to Nakamatsu Sensei for taking the time and effort to guide us in our karate practice. Let us all make great progress for a long time to come under his leadership.



Master Ken Nakamatsu

Master Geoff Crouse

# Master Frank Gorman

by Bruce Tulgan

I first met Frank Gorman Sensei in 1974, a year after he opened the dojo where he would teach until 1987, in Pittsfield, Massachusetts, in the heart of the Berkshire Hills. I was 7 years old then and very eager to study martial arts. My extremely-thorough mother asked all of the smartest people she knew, "Who is the best martial arts teacher in the area?"

All roads led to Frank Gorman. At 32, he was already a legend in my small hometown: It was said that, inside the unassuming storefront at 10 Lyman Street, there was a very dedicated group of very serious students studying "authentic karate" with a "very intense" teacher. This was clearly NOT going to be child's play. I was told I would have to be very dedicated and very serious to study karate with Frank Gorman. So it was and so it is.

Since 1987, Gorman Sensei has been based in Oldsmar, Florida. The location has changed, but the intensity has grown deeper and deeper, day by day, year after year. Only the very dedicated and serious need apply.

"That doesn't mean it isn't a lot of fun," Master Gorman would probably say in response.

Frank J. Gorman was born April 14, 1942, in Pawtucket, Rhode Island. He began studying Okinawan Uechi Ryu Karate Do in 1962 under the late Sensei Charles Earl and George Mattson Sensei. In 1965, Gorman Sensei made the first of his many, many visits to Okinawa. During that first trip, Master Kanei Uechi, son of Kanbun Uechi, promoted Gorman Sensei to Sho Dan (first degree black belt) and took responsibility for his training. Thereafter, Gorman Sensei studied directly under Master Uechi for 21 years. When Master Uechi retired in 1986, he instructed Gorman Sensei to study henceforth under Master Ken Nakamatsu, who remains his teacher.

Ever the story-teller, Master Gorman loves to tell about how Master Uechi originally led him to Master Nakamatsu: In 1978 while Mr. Gorman was training in Okinawa, Master Uechi arranged for him to train at five different dojos with five different senior masters. After Mr. Gorman's training in the five different dojos, Master Uechi asked Mr. Gorman what he thought about the experience training with the different masters. Mr. Gorman told Master Uechi that he was confused because all of the masters seemed to practice Uechi-Ryu differently. Master Uechi told him, "I know. That is what I wanted you to see... all of the different aspects of interpretation and training." Then Gorman Sensei

asked Master Uechi, “Of all of the senior masters in Okinawa, who should I watch to be most correct?” Master Uechi replied, “WATCH NAKAMATSU.”

Indeed, Master Gorman and Master Nakamatsu are like minds. Like Master Nakamatsu, Frank Gorman is first and foremost a diligent student, always training; always looking for ways to work smarter; to make his technique even stronger, faster, more accurate, and more beautiful; to improve his own karate. Also like his teacher, Frank Gorman generously and vividly shares his own training journey with his students; narrating the practice in meticulous detail; infecting us every step of the way with his profound commitment and enthusiasm.

To this day, Master Gorman (now Kyoshi Master; Hachi Dan; eighth degree black belt) continues his lifelong commitment to maintaining the authenticity of our art by traveling regularly to Okinawa and also by regularly bringing Master Nakamatsu and other Okinawan masters to the United States to train us here. Gorman Sensei rarely makes a point without citing Master Nakamatsu or another Okinawan master. Otherwise, he is apt to note humbly, “that’s my theory anyway.”

Master Gorman’s humility and his folksy manner belie a brilliant mind, incisive understanding, and encyclopedic recall of his students and their karate. Back in 1989, when I moved to New York City and began training with a Uechi Ryu group there, I met a young Ni Dan (second degree black belt) named Tim who had started his karate training five years prior as a student at Williams College when Gorman Sensei was teaching there. When I called to convey Tim’s regards, Sensei Gorman replied, “Oh yes, Tim. Great guy. Check his back foot in San Chin. His back heel drifts in, especially in left San Chin. Make sure he is turning his heel out properly so he can grab the floor.” The next time we practiced, I checked, and sure enough Tim’s heel was drifting in, especially in left San Chin. It was stunning that Master Gorman remembered this detail about one student whom he hadn’t seen in years, of course. But the deeper message was that Master Gorman cared enough to remember. That is Frank Gorman.

Master Gorman combines his education, experience, and understanding as a trained mechanical engineer with what seems like an almost supernatural gift for reaching students on a deep visceral level. He breaks down and describes every movement in precise biomechanical detail, but his words and cadence sound like those of a lyrical poet. With his native Rhode Island thick in his voice, he exhorts his students in a steady loud ringing whisper focusing on one detail after another: “Turn your heels out. Grab the floor with your entire foot. Twist. Pull the ground up... Squeeze your buttocks... Chin down... Push out your belly and tighten... Pull your shoulders back and down, elbows in, twist your forearms out... Pull in your thumbs, press them hard against your palms...” Then he might tell a story (sometimes while you are holding a very difficult position) that will turn your mind inside out and change your thinking forever.

“Do you know what this means?” Master Gorman once asked me, holding the final position in San Chin, our most important kata. In what many call “closed gate” position, he made a fist with his right hand and held it about 12 inches away from the center of his chest where he clasped his open left hand over the right fist. The right hand, the fist, he said, “is your ego. It wants more status, more stuff. It would rather be right than wrong.” The left hand, open, he said, “is your higher power. It wants to serve others. It would rather be kind than right.” He continued, “We cover the right hand with the left to symbolize holding our ego in check by staying in touch with our higher power.” When I looked a bit confused, he assured me, “It’s a work in progress.”

“Work in progress” is one of Master Gorman’s favorite mantras. The struggle between our higher power and our ego is a work in progress. Our karate is a work in progress. We must be ever striving. Master Gorman shares his own “work in progress” with his students every day, strong enough to show his own vulnerability, kind enough to bring us along on his own journey, and forever helping us pursue our own.

# Dojo Rules and Etiquette

- It is traditional for the teacher to be addressed as Sensei.
- It is traditional to bow before entering and when leaving the dojo (the bow acts as a reminder that the dojo is a place of hard work and where outside issues and



Master Frank Gorman

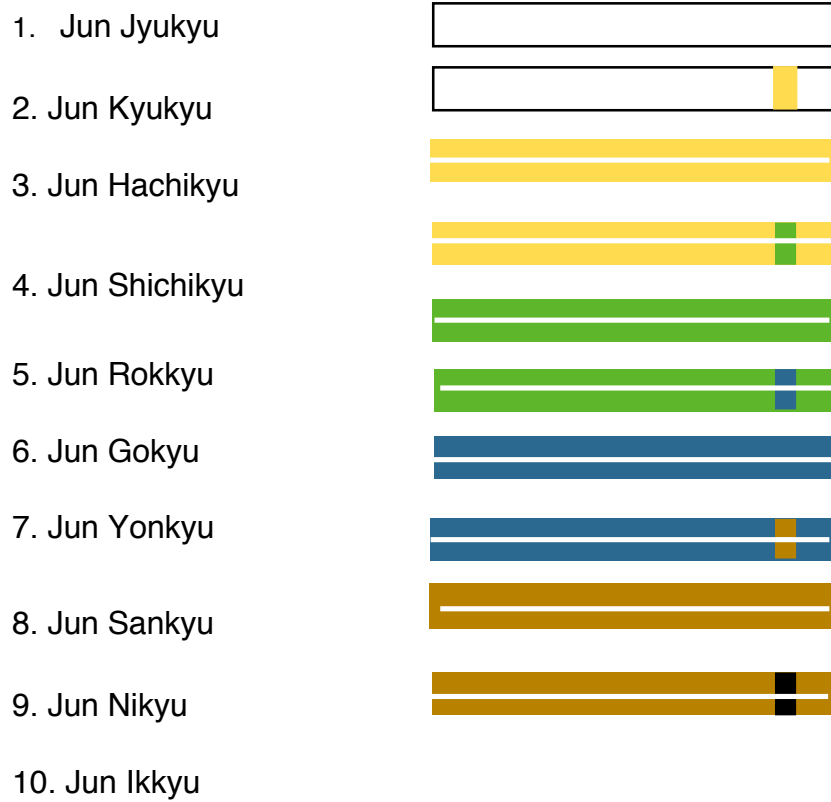
- concerns are left at the door).
- It is customary to wait to be recognized by the instructor before entering the practice floor if training is already in progress.
  - The signal to the instructor that you wish to join the class is to sit Japanese style (knees forward, sitting on feet). A bow is acknowledgment that you have received the instructor's permission to join the class.

- During practice it is customary to request permission if one needs to leave the dojo. It is traditional for students and the sensei to bow to each other before and after training.
- It is traditional to bow to each other before and after training with other people (the bow is to show respect for each other and to show your intent is honorable).
- Behavior should be orderly. You are responsible for keeping your conduct under control both in and out of the dojo
- There is no singing or whistling in the dojo.
- Keep talking to minimum while training.
- No food or drink are allowed in the dojo.
- Alcohol must not be consumed before training.
- Gi's should be clean and in good condition.
- Students are not to wear jewelry during practice.
- All karate-ka are expected to observe good personal hygiene, including clipped toe nails and finger nails where appropriate. Long hair should be tied back.
- Person to person relationships in the dojo must be reinforced with courtesy and friendliness.
- All male students must wear a cup during sparring.
- Students are to show respect for each other regardless of rank.
- Senior students have a duty to help junior students.
- No bullying or abusive behavior will be tolerated in the dojo.
- Shoes are not to be worn in the dojo.
- Always put equipment away properly when finished.
- All students have a responsibility to keep the dojo clean and tidy.
- Always strive to be humble and control your ego.

# What does it mean to be a black belt

Thousands of hours training, hundreds of classes, countless bumps and bruises, **One Black Belt**. Being a black belt is a cause, a cross to bear, a responsibility, and an obligation. It is a banner that advertises that the wearer has worked hard at developing skills that are unique and that they are committed to important principles. Being a black belt is an invitation to deny one's needs and step outside one's self. It casts us in the role of teacher, protector, guide, and role model. It asks us to guard every word, and every action so that we do not betray its noble purpose. Being a black belt means that when you put on the belt you cannot take it off again and just be who you want to be when it's convenient. You must wear it every hour of every day for the rest of your life, and you must be who the belt demands that you must be. Being a black belt means that from the day that you first wear it you must never dishonor another, and cannot shrink from your obligation to assist others in need. Unless a person has a back and legs strong enough to carry this burden they should not pick up the belt. But if you do pick up the belt, do so with the knowledge that it will lead you to places where others cannot go and you will see vistas reserved for the few, and life will be an experience well above the ordinary. Almost anybody can get a black belt. Not everybody can **BE** a black belt

# Junior Kyu Ranks

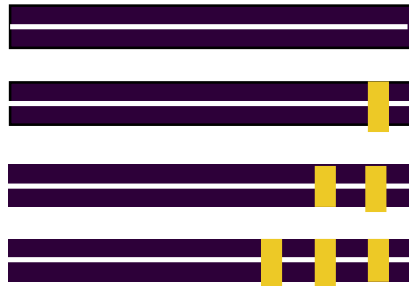


# Kids Testing Requirements

Contents	White	White with yellow tip	Yellow	Yellow with green tip	Green	Green with blue tip	Blue	Blue with brown tip	Brown	Brown with black tip
Sanchin		✓	✓	✓	✓	✓	✓	✓	✓	✓
Kanshiwa			✓	✓						
Kanshu					✓	✓				
Seichin							✓	✓		
Seisan									✓	✓
General knowledge		✓	✓	✓	✓	✓	✓	✓	✓	✓
Sparring drills		✓	✓	✓	✓	✓	✓	✓	✓	✓
Sparring			✓	✓	✓	✓	✓	✓	✓	✓
Uke demo						✓	✓	✓	✓	✓

# Junior Black Belt Ranks

## 1. Jun Shodan



## 2. Jun Nidan



## 3. Jun Sandan



## 4. Jun Yondan

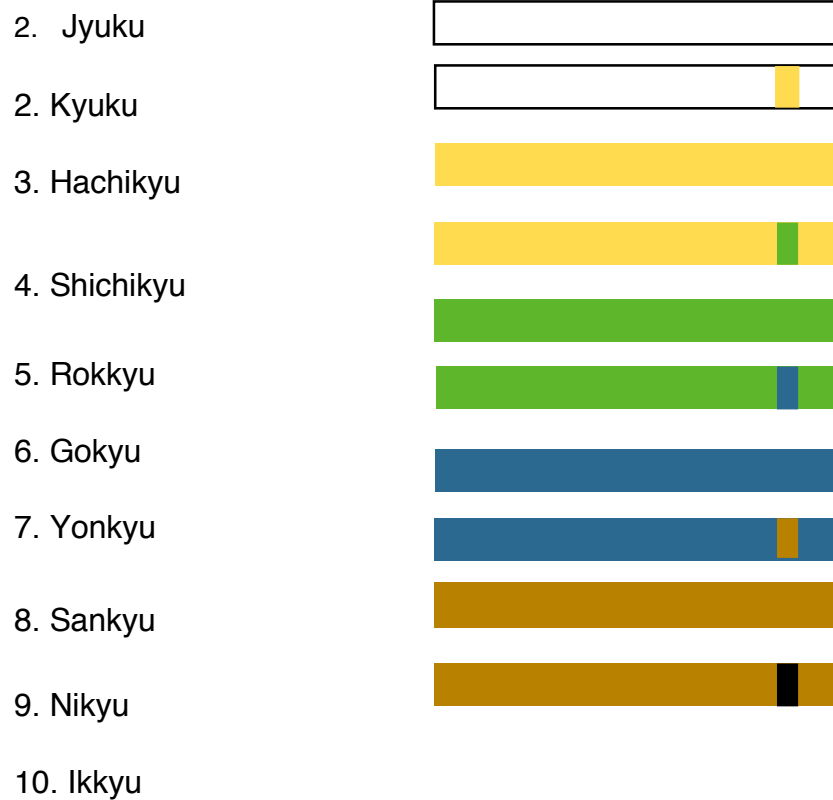


- Junior black belt tests are held during regular scheduled Kyu tests
- Junior black belts must successfully pass three tip test before they are eligible for a full junior rank
- It's a minimum of a year in between a Junior Black belt to achieve a full rank
- All students must be 16 years of age before they are eligible for official adult Black belt rank

# Junior Black Belt Testing Requirements

Contents	Sanchin	Seisan	Seiryu	Kanchin	Hojo undo	Kanshiwa bunkai	Seisan bunkai	Uke demo	Sparring	Kote kitae
Jun shodan	✓	✓			✓	✓		✓	✓	✓
Jun shodan with yellow tip	✓	✓			✓	✓		✓	✓	✓
Jun shodan with 2 yellow tips	✓	✓			✓	✓		✓	✓	✓
Jun shodan with 3 yellow tips	✓	✓			✓	✓		✓	✓	✓
Jun nidan	✓	✓	✓		✓	✓	✓	✓	✓	✓
Jun nidan with green tip	✓	✓	✓		✓		✓	✓	✓	✓
Jun nidan with 2 green tips	✓	✓	✓		✓		✓	✓	✓	✓
Jun nidan with 3 green tips	✓	✓	✓		✓		✓	✓	✓	✓
Jun sandan	✓	✓	✓		✓		✓	✓	✓	✓
Jun sandan with blue tip	✓	✓	✓		✓		✓	✓	✓	✓
Jun sandan with 2 blue tips	✓	✓	✓		✓		✓	✓	✓	✓
Jun sandan with 3 blue tips	✓	✓	✓		✓		✓	✓	✓	✓
Jun yondan	✓	✓		✓	✓		✓	✓	✓	✓
Jun yondan with brown tip	✓	✓		✓	✓		✓	✓	✓	✓
Jun yondan with brown tip	✓	✓		✓	✓		✓	✓	✓	✓
Jun yondan with brown tip	✓	✓		✓	✓		✓	✓	✓	✓

# Kyu Belt Ranks


















- Kyu tests are held every 3 months
- As a guideline most students who practice consistently and diligently will be ready for testing
- Testing and ranks are not a rite or a guarantee; it's at Your Sensei's discretion
- A passing grade in all testing material is needed for promotion

# Kyu Testing Requirements

Contents	White	White with yellow tip	Yellow	Yellow with green tip	Green	Green with blue tip	Blue	Blue with brown tip	Brown	Brown with black tip
Sanchin		✓	✓	✓	✓	✓	✓	✓	✓	✓
Kanshiwa			✓	✓						
Kanshu					✓	✓				
Seichin							✓	✓		
Seisan									✓	✓
General knowledge		✓	✓	✓	✓	✓	✓	✓	✓	✓
Hojo undo					✓	✓	✓	✓	✓	✓
Kote kitae			✓	✓	✓	✓	✓	✓	✓	✓
Sparring drills		✓	✓	✓	✓	✓	✓	✓	✓	✓
Sparring			✓	✓	✓	✓	✓	✓	✓	✓
Kanshiwa bunkai				✓						
Seisan bunkai										✓
Dan kumite								✓	✓	✓
Uke demo						✓	✓	✓	✓	✓

# Dan ranks

1. Shodan	
2. Nidan	
3. Sandan	
4. Yondan	
5. Godan	
6. Rokudan	
Masters Title Renshi	
7. Shichidan or Nanadan	
Masters Title Kyoshi	
8. Hachidan	
Masters Title Kyoshi	
9. Kyudan	
Masters Title Hanshi	
10. Judan	
Masters Title Hanshi-sei	

- In past versions both 7th and 8th were awarded 2 bars and 9th and 10th were 3 bars
- Our Okinawan teachers changed their senior master ranking system and we have done so also as to more easily distinguish the difference between senior master ranks

# Dan Testing Requirements

Contents	1 Dan	2 Dan	3 Dan	4 dan	5 Dan	6 Dan	7 Dan	8 Dan	9 dan	10 dan
Sanchin	✓	✓	✓	✓	✓	✓	✓			
Hojo undo	✓	✓	✓	✓	✓					
Seisan kata	✓					✓	✓			
Seiryu kata		✓								
Kanchin kata			✓							
Sanseiryu kata				✓	✓	✓	✓			
Seisan bunkai	✓	✓	✓							
Sanseiryu bunkai				✓	✓					
Dan kumite	✓	✓	✓	✓	✓					
Kote kitai	✓	✓	✓	✓	✓					
General knowledge	✓									
Jiyu kumite	✓	✓	✓	✓	✓					

# **UECHI RYU KATAS**

**SANCHIN - KANSHIWA - KANSHU - SEICHIN**

**SEISAN - SEIRYU - KANCHIN - SANSEIRU**

## **SANCHIN**

**“Three Conflicts”**

**MIND, BODY, SPIRIT SERVES AS BASIS OF THE ENTIRE SYSTEM  
ONE OF THE THREE KATAS OF PANGAINOON BROUGHT FROM CHINA  
BY KANBUN UECHI , ADDED TO SYSTEM IN 1948  
SANCHIN KATA SERVES BASIS OF THE ENTIRE SYSTEM**

## **KANSHIWA**

**“Perfect-Peace-Unity”**

**NAME COMES FROM KANBUN + SHUSHIWA  
ACCOMPANING BUNKAI  
ADDED TO THE SYSTEM IN 1956 BY KANEI UECHI**

## **KANSHU**

**NAME COMES FROM KANBUN + SHUSHIWA  
ADDED TO THE SYSTEM IN 1956 BY UEHARA SABURO**

## **SEICHIN**

**“Ten Conflicts”**

**NAME COMES FROM SAISAN+SANCHIN  
CONSIDERED BY SOME TO BE THE “WEAPONS KATA”  
FOR ITS SIMILARITY TO KOBUDO TECHNIQUES  
ADDED TO THE SYSTEM IN 1956 BY ITOKAZU SEIKI**

# **SEISAN**

**“13 Conflicts”**

**ACCOMPANYING BUNKAI**

**ONE OF THE THREE KATAS OF PANGAINOON BROUGHT FROM CHINA  
BY KANBUN UECHI, ADDED TO SYSTEM IN 1948**

# **SEIRYU**

**“Sixteen”**

**NAME COMES FROM SEISAN+SANSEI RYU  
ADDED TO SYSTEM IN 1950 BY KANEI UECHI**

# **KONCHIN**

**“Perfect Battle”**

**NAME COMES FROM KANBUN + SANCHIN  
ADDED TO SYSTEM IN 1960 BY KANEI UECHI**

# **SANSEIRYU**

**“Thirty Six Position Of Attack And Defense”**

**ACCOMPANYING BUNKAI**

**ONE OF THE THREE KATAS OF PANGAINOON BROUGHT FROM CHINA  
BY KANBUN UECHI, ADDED TO SYSTEM IN 1948**

## Sanchin: The Foundation of Uechi Ryu Karate

In Uechi-Ryu, the kata Sanchin is the foundation for all that follows. It is truly the most important of the eight Uechi-Ryu kata studied today. As everyone knows, a structure without a good foundation will weaken and fall apart within a very short time. Sanchin, practiced as a dynamic tension kata, builds, strengthens, and hardens all muscles of the body.

The kata Sanchin was developed by Bodhidharma (Japanese know him as Daruma Taishi) sometime around the 13th century. This kata has withstood the test of time and is practiced in other martial arts styles as well as Uechi-ryu.

Uechi-Ryu students focus on the following **five** elements to achieve the most from Sanchin:

- Build a strong physique (Make your body as hard as you can)
- Consolidate the basic stance (So as to give yourself the most leverage)
- Master proper breathing (Know when and when not to breath)
- Penetrating eye (Acute keen insight and development of peripheral vision)
- Develop spiritual concentration (Think only of what you are doing at that moment)

Although Sanchin is the first kata learned in Uechi-Ryu, as one becomes a black belt he or she finds themselves still working on perfecting the movements. Periodically, a student is tested physically in Sachin. During this testing the instructor will strike key areas of the body checking the students balance and ability to focus certain muscle groups as a protective armor.

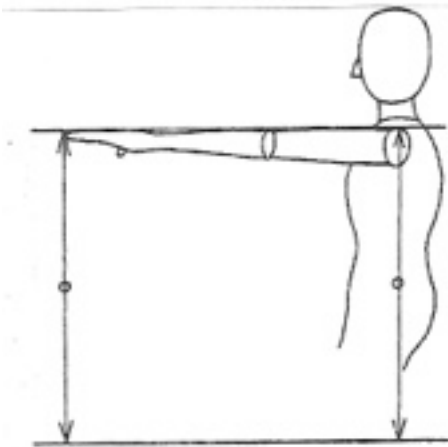
There is a karate legend that originated in China that can be directly related to Sanchin. There were three mythical gods known to be the best fighters in all of China. They were the gods of eyes, breathing, and posture. Individually they could be defeated. However, when fighting together they were unbeatable. When studying Sanchin one must strive to master these three characteristics. To only master one or two does not provide a complete defense. It is like building a house on two-thirds of a foundation.



Master Frank  
Gorman

# **SANCHIN BASIC POSITIONS**

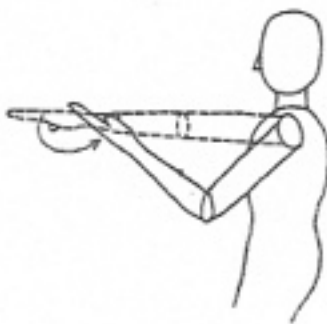
from Sensei Gorman's 1997 training guide



**Figure 8c**  
Height of Thrust



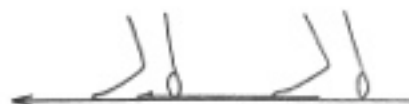
Sanchin Arm Position - Top View and Front Picture



**Figure 8b**  
Thrust Returned Position



**Figure 6a**  
Sanchin Arm Position - Side View



Right



Wrong

Figure 4b  
How to Step - Side View

**FIGURE 4**  
How to Step



Figure 3b  
Center of Gravity-Side View

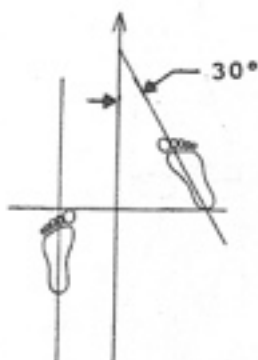


Figure 2a  
Right Sanchin Foot Position



**FIGURE 5**  
How to Turn - Top View (see note 5)

## Hojo Undo

### **Sokuto Geri (SIDE KICK)**

Right Sanchin stance, right circular block, right side snap kick, left circular block, left side snap kick.

**Shomen Geri (FRONT KICK)** Right Sanchin stance, right circular block, right front kick, left circular block, left front kick.

### **Hajike Uke Hiraken Tsuki (SNAPPING BLOCK, FOUR KNUCKLE STRIKE)**

Right Sanchin stance, right upper rising block, right half fist strike, right middle inner block, right half fist strike.

### **Mawashi Tsuki (CIRCLE HOOK PUNCH)**

Right Sanchin stance, left circular block, right hook punch, right circular block, left hook punch.

### **Seiken Tsuki (STRAIGHT PUNCH)**

Right sanchin stance, right circular block, left full fist punch, right palm heel block, left full fist punch.

### **Shuto Uchi Ura Uchi Shoken Tsuki**

(CIRCLE BLOCK, CHOP, BACKFIST, ONE KNUCKLE STRIKE)

Right sanchin stance, left circular block, right chop, right backfist, right one knuckle punch. Step back into left stance and repeat on other side.

### **Hiji Tsuki (ELBOW STRIKE)**

Right sanchin stance, left circular block, right elbow strike forwards, sideways and to the rear.

### **Tenshin Zensoku Geri (TURN, FORWARD FOOT KICK)**

Right sanchin stance, step forward into a right stance, at the same time turn 45 degrees to the left. Left circular block, right front kick. Step forward with left foot and make a 90 degree turn to the right. Step back with right foot finishing in a left stance. Right circular block, left front kick.

#### **Tenshin Kosoku Geri (TURN, REAR FOOT KICK)**

Left sanchin stance, step forward into a left stance, at the same time turn 45 degrees to the right. Right circular block, right front kick. Step forward with right foot and make a 90 degree turn to the left. Step back with left foot finishing in a right stance. Left circular block, left front kick.

#### **Tenshin Shoken Tsuki (TURN, ONE KNUCKLE STRIKE)**

Right sanchin stance, step forward into a right stance, at the same time turn 45 degrees to the left. Left circular block, right one knuckle punch, right circular block, left one knuckle punch. Step forward with left foot and make a 90 degree turn to the right. Step back with the right foot finishing in a left stance. Right circular block, left one knuckle punch, left circular block, right one knuckle punch.

#### **Shomen Hajike (FINGER TIP FLICK)**

Left sanchin stance, slide step forward into left stance and block down, strike forward at eye level with fingertips. Slide back in a left stance, block down, strike forward at eye level with fingertips.

#### **Koi No Shippo Uchi Tate Uchi (FISH TAIL STRIKE VERTICALLY)**

Right sanchin stance, strike upwards, downward, outwards and inward with both hands.

#### **Koi No Shippo Uchi Yoko Uchi (FISH TAIL STRIKE HORIZONTALLY)**

Left sanchin stance, strike side to side with both hands, starting left.

- Hojo Undo Exercises can be performed beginning with either foot at Sensei's Discretion

## Junbi Undo Warm Up Exercises

- **Ashi saki o ageru undo** (*heel pivot*)
- **Kakato o ageru undo** (*heel lift*)
- **Ashikubi o mawasu undo** (*foot and ankle twist*)
- **Hiza o mawasu undo** (*knee circular bend*)
- **Ashi o mae yoko ni nobasu undo** (*leg lift and turn*)
- **Ashi o mae uchi naname no ageru undo** (*straight left lift*)
- **Tai o mae ni taosu undo** (*waist scoop*)
- **Koshi no nenten** (*trunk stretch*)
- **Ude o mae yoko shita nobasu undo** (*double arm strike*)
- **Kubi o mawasu undo** (*neck exercise*)

## Dan Kumite

1. **ATTACK:** Left stance - step thru right punch - right down block - shuffle step right punch - right down block - step back into left stance and post

2.

**DEFENSE:** Left stance - step back right circle block - right front kick (recoil kick back into left stance) - right circle block - left punch low to lower ribs - post

2. **ATTACK:** Left stance - step thru right punch - right down block - step back to left stance left circle block - right front kick

**DEFENSE:** Left stance – step back right circle block - step thru left punch - step thru right punch - shuffle back into right horse stance scooping leg throw.

3. **ATTACK:** Left stance - step thru right punch - step back into left foot - left down block his roundhouse kick - Uechi forearm block his roundhouse kick

**DEFENSE:** Left stance – shuffle back right circle block - right front kick - left roundhouse kick.

4. **ATTACK:** Right stance – right skip kick – switch stance to left - left palm heel block to incoming punch.

**DEFENSE:** Left stance – Stay Left right down block - grab shoulder (left hand) Release - right hook punch to face

5. **ATTACK:** Left stance - step thru right punch - step back into Left stance High Block – Right Roundhouse kick.

**DEFENSE:** Left stance – hold ground left circle block - step thru shuto – stay right Uechi Block his Roundhouse kick.

6. **ATTACK:** Right stance – left front kick landing left stance – step thru right hook punch

**DEFENSE:** Right stance – left down block - step into right right chop to neck - chop left to his bicep simultaneously lowering stance grab knee with right hand ankle with the left pull up on ankle and push down on knee causing opponent to fall - elevate opponents leg and stomp towards the groin. throw there elevated leg to the right to assist them getting up

## Uechi Ryu Specialty Strikes



**Shoken**



**Hiraken**



**Nukite**





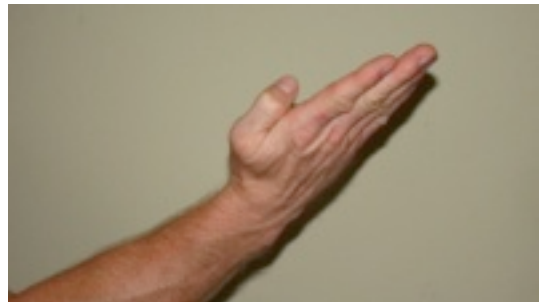
**Seiken**



**Kakushiken**



**Shuto**

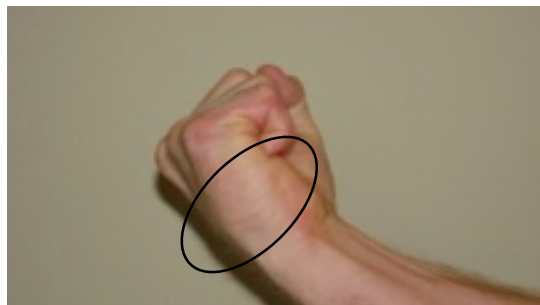




**Sokusen**

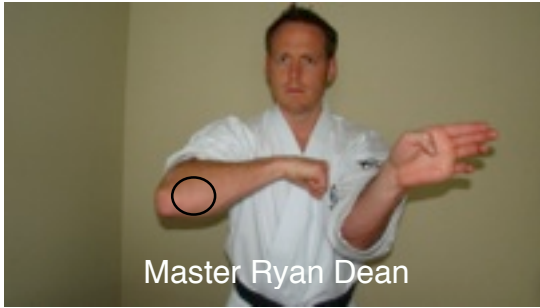


**Koken**



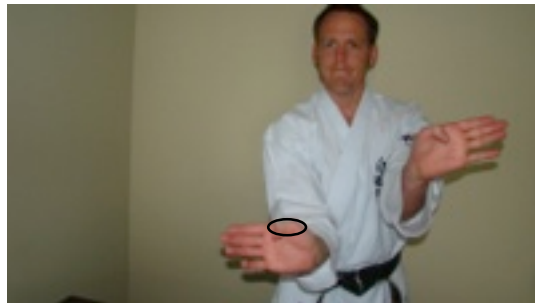
**Tetsui**



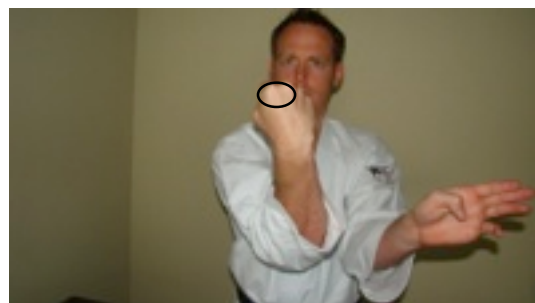
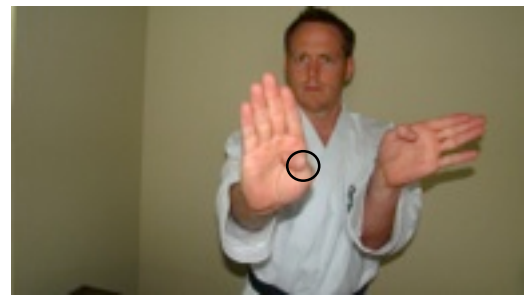


Master Ryan Dean

**Hiji Tsuki**



**Bushiken**



**Reiken**



## **General Knowledge Questions for White belt with Yellow Tip**

1. What is the name of the style of karate you are studying?

**Uechi Ryu Karate**

2. Who was the founder of this system?

**Master Kanbun Uechi**

3. Which three animals are mimicked in this style of martial arts?

**Tiger, Dragon, and Crane**

4. What is right foot forward called in Japanese?

**Migi ashi mae**

5. What is left foot forward?

**Hidari ashi mae**

6. What was Kanbun`s teachers name?

**Shushiwa**

7. What does the word karate mean?

**Empty hand (unarmed self defense)**

8. What is your uniform called in Japanese?

**Gi**

9. What is your belt called in Japanese?

**Obi**

10. Count to 10 in Japanese.

**1. Ichi (ee-chee), 2. Ni (Knee), 3. San (san), 4. Shi (she), 5.Go (go)**

**6. Roku (row-cooo) 7. Shichi (she-chee) 8. Hachi (hot-chee) 9. Ku (cue)**

**10. Ju (jooo)**

## **General Knowledge Questions for Yellow Belt**

1. What is the name of the first and most important Kata in our system?

**Sanchin Kata**

2. What does Sanchin mean?

**Three battles or conflicts**

3. What are the 5 purposes of Sanchin

1. **To build a strong body**
2. **Consolidate the basic stance**
3. **Master the proper breathing method**
4. **Penetrating eye**
5. **Develop spiritual concentration**

4. Where did Kanbun learn martial arts?

**Fukien Province of Southern China**

5. What was Master Kanbun's sons name who did so much in regards to the development of the style?

**Master Kanei Uechi**

6. What is the name of the second kata taught in our system?

**Kanshiwa**

7. What is the one knuckle strike called in Japanese?

**Shoken**

8. What is the spear hand strike called?

**Nukite**

9. What is the toe fist called?

**Sokusen**

10. How long did Master Kanbun Uechi study in china?

**13 years**

## **General Knowledge Questions for Yellow belt with Green Tip**

1. What is the fist called?

**Seiken**

2. What is the punch called in Japanese?

**Tsuki**

3. What was the original name of the style when Kanbun learned it?

**Pangainoon**

4. What is the Japanese term for bowing?

**Rei**

5. What is the Japanese term for free sparring?

**Jiyu Kumite**

6. What are the words for pre arranged sparring drills?

**Yakusoku Kumite**

7. What year did Master Kanbun die?

**1948**

8. What is the word for stop or break?

**Yame**

9. What is the word for start or begin?

**Hajime**

10. What is arm conditioning called?

**Kote Kitae**

## **General Knowledge questions for Green Belt**

1. What is a Dojo?

**A training hall where karate is practiced**

2. What does “Domo Arigato Gozaimashita mean?

**Thank you very much**

3. What does “Go Kuro Sama” mean?

**Thank you for your hard work**

4. What does Dachi mean?

**Stance**

5. What does Ryu mean?

**Style**

6. When was Kanbun Uechi born?

**May 5, 1877**

7. What were the original 3 katas taught in Uechi Ryu?

**Sanchin, Seisan, Sanseiryu**

8. What are the three battles of Sanchin?

**Mind, Body, and Spirit**

9. In what year was the style formally named Uechi Ryu?

**1949**

10. Why does Uechi Ryu include such strikes as the shoken and sokusen strikes?

**To increase precision and penetration**

## **General Knowledge questions for Green Belt with Blue Tip**

1. What is the name for leg pounding in Japanese?

**Ashi Kotae**

2. What is the name for the Japanese language in Japanese?

**Nihongo**

3. How do you say please watch this?

**Onegaishimasu**

4. What does the word kata mean?

**Form or pattern**

5. What animal does the wrist blocks come from?

**Crane**

6. From which animal art did Uechi Ryu`s style of breathing originate?

**Dragon**

7. How do you say excuse me in Japanese?

**Sumimasen**

8. What 3 elements are students judged for in kata testing?

**Form, Strength, and Spirit**

9. What does panngainoon mean?

**Half hard and half soft**

10. What are the names of the 5 katas that Kanei Uechi introduced to Uechi ryu.

**Kanshiwa, Kanshu, Seichin, Seiryu, and Kanchin**

## General Knowledge questions for Blue Belt

1. At the end of Sanchin kata what is being symbolized by the left hand covering the right fist? **The right fist is your ego and the left hand is exhibiting self control**

2. What year did Kanei Uechi begin his teaching?  
**1948**

3. What 3 principles are learned from studying kata?  
**1. To think before you act 2. To pay attention to detail 3. Finish what you start**

4. What is the meaning of Bushido or the Warrior Spirit?  
**To train the mind, body, and spirit to be pure and strong**

5. In what year did Kanei Uechi die?  
**1991**

6. Who created the Sanchin Kata?  
**Bodidarma, an Indian priest**

7. What is Kick in Japanese?  
**Geri**

8. What is the difference in a Sokuto kick and a Yoku kick?  
**Sokuto is a kick that is at a 45 degree angle using the outer blade of the foot to the attacker. The Yoko is a full side kick using the heel of the foot**

9. What is the Uechi Ryu breathing exercise called?  
**Shin Kokyu**

10. What are the eye strikes called?  
**Shomen hajike**

## **General Knowledge questions for Blue Belt with Brown Tip**

1. What are knee strikes?

**Hiza geri**

2. What is the Master Nakamatsu`s current rank?

**Hanshi Kyudan (9th degree black belt)**

3. What is Master Gorman`s current rank?

**Hachidan Kyoshi Master (8th degree Black belt)**

4. What is roundhouse kick?

**Mawashi Geri**

5. What is the word used for hammerfist?

**Tetsui**

6. How many times did Master Nakamatsu`s top student Master Nobuhiro Higa win the All Okinawan Karate Championship?

**Seven**

7. Where should the eyes be focused during Sanchin kata?

**Focused straight at eye level**

8. True/false You should always straighten the front foot prior to stepping during Sanchin kata.

**True**

9. When performing the wauke block, which hand should start and finish low?

**The front foot side**

10. Which arm should you use during the thrust when performing Sanchin kata?

**Off rear foot side**

## General Knowledge questions for Brown Belt

1. What are the original 3 katas?

**Sanchin, Seisan, Sanseiryu**

2. What are the 5 master ranks?

**Rokudan, Nanadan, Hachidan, Kyudan, Judan**

3. In your own words explain Master Nakamatsu`s hip and waist technique.

4. Explain the proper breathing technique during Sanchin.

5. What does waza mean?

**Technique**

6. What would an attack to the head be called?

**Jodan**

7. What would an attack to the neck be called?

**Kubi**

8. To the middle?

**Chudan**

9. Lower area?

**Gedan**

10. What is the term for back kick?

**Ushiro geri**

## **General Knowledge questions for Brown Belt with Black tip**

1. What does mushin mean?

**No mindness**

2. What does mawate mean?

**Turn around**

3. What does yoi mean?

**Assume opening stance**

4. What does maita mean?

**Its like I surrender**

5. What does bunkai mean?

**Application**

6. To throw or toss?

**Nage**

7. In your words how has your study of karate made improvements in your life?

8. What are your future goals in martial arts training?

9. What does kime mean?

**Focus**

10. What does ki o tsuke mean?

**Assume attention stance**

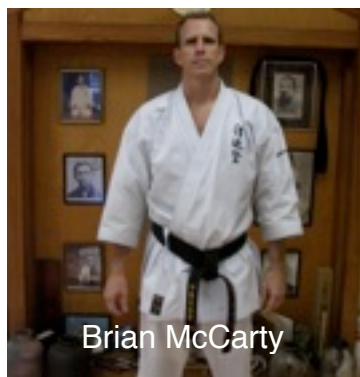
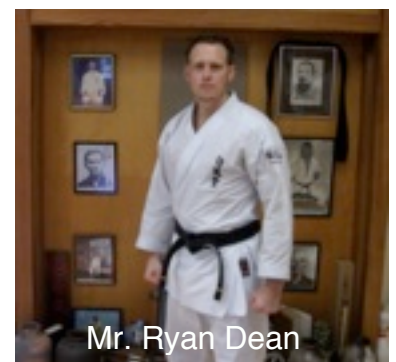
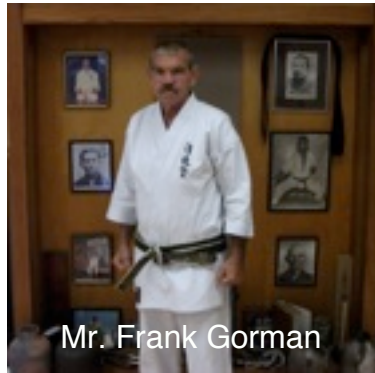
# Vocabulary Page

1. ichi
2. ni
3. san
4. shi
5. go
6. roku
7. shichi
8. hachi
9. ku
10. ju

rei = bow  
hojo undo = warm up exercises  
tsuki = punch  
shomen tsuki = straight punch  
mawashi tsuki = hook punch  
shoken tsuki = one knuckle strike  
seiken = straight punch  
hiraken = 4 knuckle strike  
bushiken = thumb palm strike  
shuto = chop  
tetsui = hammer fist  
keri = kick (with prefix, becomes -geri)  
shomen geri = front kick  
mawashi geri = roundhouse kick  
yoko geri = side kick  
sokuto geri = a kick off to a 45 degree angle  
zensoku geri = kick off of front leg  
kosoku geri = kick off the back leg  
shomen hajiike = eye strike  
uke = block  
mawashi uke = circle block  
wauke block = offensive circle block  
jodan uke = high block  
gedan uke = down block  
kime = focus  
kata = formal sequence of self defense moves  
nukite = spear hand strike  
yakusoku kumite = pre arranged kumite

Hajime = go or start  
yame = stop  
jiyu kumite = free sparring  
migiashimae = right  
hidariashimae = left  
kote kitae = arm pounding  
dachi = stance  
uraken = backfist  
kiai = shout of spirit

# Directors





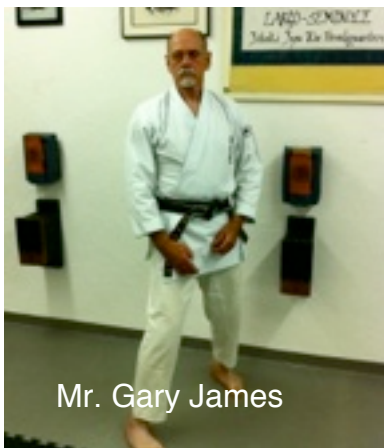
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Mrs. Marguerite Hess



Chuck Melges



Mr. Gary James



Mr. Jonathon Jackson



Mr. Lawrence De Voe



Mr. Rubert Ward



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