

# GENERAL KNOWLEDGE

## Uechi-Ryu Karate Dō 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 doing the best they can in every class.
2	What should the student do if they have a question or comment for the instructor?	<b>Raise their hand and wait until called upon.</b> 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?	<b>No.</b> Instead, they should focus on good attendance, working hard, and being enthusiastic about learning.
4	At the end of each class the instructor says, " <b>Go Kura Sama.</b> " What does this mean?	<b>Thank you for working hard and doing your best.</b>
5	At the end of each class the students say " <b>Domo Arigato Gozai Mashita.</b> " That means?	<b>Thank you very much for teaching us.</b>
6	How do you say “begin” and “stop” in <i>Japanese</i> ?	<b>Hajime</b> - Begin, <b>Yame</b> - Stop
7	What should a student do when an instructor provides instruction or guidance?	<b>They should listen carefully and make sure they understand. Afterward they should thank the instructor by bowing and saying thank you.</b>
8	Is it OK for students to lay down, or lean on the walls or equipment in class?	<b>No.</b> Students must practice keeping a respectful posture and staying focused in class.
“B” - HACHIKYU (YELLOW BELT)		
1	What is a place for Karate training called in Japanese?	<b>Dojo</b>
2	What is the Japanese word for teacher?	<b>Sensei</b>
3	What is the uniform and belt called in Japanese?	<b>Gi</b> (Uniform) and <b>Obi</b> (Belt)
4	What are some important positions of politeness in the dojo?	<b>Kiotsuke</b> (attention), <b>Rei</b> (Standing Bow), <b>Anza</b> (Cross-leg Sitting), <b>Seiza</b> (Kneeling) and <b>Zarei</b> (Kneeling Bow)
5	What are the “keywords” in the first half of the <b>Dojo Code</b> of conduct?	<b>Respect, Self-defense, Perseverance, Honor, &amp; Responsibility</b>
6	What are the levels of sparring at ZenQuest?	<b>Technical/Light (up to 20% power), Regular (up to 40% power), Point Competition (up to 60% power), Full Contact Competition (up to 100% power)</b>
7	What is the proper way to tie the belt? How do we keep our belt tied?	The student must demonstrate by tying their belt. We keep our belt tied by making a habit of checking it often.
“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 <b>Tiger, Crane, and Dragon</b>
3	How do you count to ten in Japanese?	<b>Ich, Nee, San, Chee, Go, Rōk, Sich, Hach, Kyu, Jyu</b>
4	How can each student help to make the dojo a clean and pleasant place to learn?	<b>By keeping themselves and their equipment neat and clean, frequent sanitizing, and helping to clean the dojo.</b>
5	What does the word " <i>Karate</i> " mean?	<b>Empty Hands</b> (self-defense without weapons)
6	What does the word " <i>Sanchin</i> " mean?	<b>Three Battles</b>
7	How can the student be respectful in the dojo?	<b>By using good manners and being polite to the instructors and other students.</b>

**“D” - ROKKYU (BLUE BELT)**

1	How do students qualify for a rank or belt promotion?	They must: <b>1)</b> Learn the required skills and knowledge <b>2)</b> show development of mind, body, and spirit <b>3)</b> attend the required minimum number of classes
2	What is your present rank in Japanese?	<b>Nanakyu</b> (Changes with each promotion)
3	How do you say "right and left foot forward" in Japanese?	<b>Migi Ashi Mae</b> and <b>Hidari Ashi Mae</b>
4	What do the keywords in first half of the <b>Dojo Code</b> of conduct mean?	<b>Respect</b> - Treating everyone with courtesy and consideration. <b>Self-defense</b> - Having self-control to use martial arts skills ONLY for protection. <b>Perseverance</b> - Succeeding through dedication, hard work, and always doing your best. <b>Honor</b> – Knowing what is right and wrong and choosing what is right. <b>Responsibility</b> - Taking action when things need to be done and accepting your results.
5	What is the name of the style or type of Karate you are studying?	<b>Uechi-Ryu Karate Dō</b>
6	What does <i>O-Negai Shimas</i> mean?	When saying this before a kata or drill it means <b>“May I have your attention please?”</b> or <b>“Please watch this.”</b>

**“E” - GOKYU (GREEN STRIPE)**

1	Why is our style called Uechi-Ryu?	It was named after Grandmaster <b>Uechi Kanbun</b>
2	What does the word "Ryu" mean	<b>Style</b>
3	What is the name of the association which governs <i>Uechi-Ryu Karate Dō</i> around the world?	The <b>Okinawa Karate Dō Kyokai (Association)</b> or <b>OkikuKai</b> for short.
4	What is considered the most important exercise in <i>Uechi-Ryu</i> training?	<b>Sanchin Kata</b>
5	What does the word "Kata" mean?	<b>Pattern or form</b>
6	How do you say "begin" and "stop" in <i>Nihongo</i> ?	<b>Hajime</b> - Begin, <b>Yame</b> – Stop
7	What are the five goals of <i>Sanchin</i> development (also known as the "five factors" of Sanchin)?	> Learning the primary defensive <b>STANCE</b> > Mastery of the proper <b>BREATHING</b> method > Developing penetrating <b>EYES</b> and acute insight > Cultivation of <b>CONCENTRATION</b> and focus > Developing pliable <b>STRENGTH</b> in the body

**“F” - YONKYU (GREEN BELT)**

1	What three elements are students judged on in rank testing?	<b>Form, strength, and spirit</b>
2	What is the meditation performed at the end of each class called and what is its purpose?	<b>Mokuso</b> is performed to relax and clear the mind.
3	What are Sensei Connie's and Sensei Mark's Ranks in Karate?	Sensei Connie is <b>Nanadan</b> or 7 <sup>th</sup> degree black belt and Sensei Mark is <b>Hachidan</b> or 8 <sup>th</sup> degree black belt.
4	What does the word " <i>Senpai</i> " mean?	<b>Senior student/ Class Leader</b>
5	What does the word " <i>Kohai</i> " mean?	<b>Junior student</b>
6	What does " <i>Yakusoku Kumite</i> " mean?	<b>Prearranged Sparring</b> or sparring drills
7	What does " <i>Jiyu Kumite</i> " mean?	<b>Freestyle Sparring</b>
8	What is the meaning of the position at the end of Sanchin Kata or "Sanchin Knot"?	The right fist represents <b>martial arts skill</b> , the left hand represents <b>self-control</b> .
9	What is the purpose of the <i>Kiai</i> ?	<b>To add focus and spirit to technique, and to break an opponent's concentration.</b>
10	What are the "keywords" in the second half of the <b>Dojo Code</b> of behavior?	<b>Dedication, Patience, Courage, Self-Control, &amp; Humility</b>

<b>“G” - SANKYU (BROWN STRIPES)</b>		
1	What does the word "Dō" mean?	A <b>Way</b> or Path
2	What qualities are symbolized by the Tiger, Dragon, and Crane in <i>Uechi-Ryu Karate Dō</i> ?	<b>Tiger</b> - Strength and Intensity <b>Crane</b> - Softness and Gracefulness <b>Dragon</b> - Swiftess and Unpredictability
3	What are the ten <i>Kyu</i> ranks (from tenth to first level) in Japanese?	<b>Jyukyu, Kyukyu, Hachikyu, Nanakyu, Rokkyu, Gokyu, Yonkyu, Sankyu, Nikyu, Ikkyu</b>
4	Who created <i>Sanchin kata</i> ?	<b>Bodhi Dharma</b> (a Zen priest from India)
5	What are the Japanese words for punch, kick, and strike?	<b>Tsuki, geri and uchi</b>
6	What is a former name of <i>Uechi-Ryu Karate Dō</i> ?	<b>Pan-gai-noon</b>
7	What does “Pan-gai-noon” mean?	<b>Hard &amp; Soft Style</b>
8	Who were the first and second Grand Masters of <i>Uechi-Ryu</i> ?	<b>Uechi Kanbun</b> (1 <sup>st</sup> ) and <b>Uechi Kanei</b> (2 <sup>nd</sup> )
9	What are the four characteristic techniques of <i>Uechi-Ryu Karate Dō</i> ?	<b>Shoken</b> (single-knuckle punch), <b>Wa-uke</b> (circular block), <b>Sokusen</b> (toe kick), <b>Nukite</b> (spear hand)
10	What are the first five adult black belt ranks (from first to fifth degree) in <i>Nihongo</i> ?	<b>Shodan, Nidan, Sandan, Yondan, and Godan</b>
11	What does “ <i>Bunkai</i> ” mean?	<b>Analysis.</b> In Karate this usually means learning the application of the moves in <i>Kata</i> .

#### **“H” - NIKYU (BROWN BELT)**

1	What is the correct breathing method used in <i>Sanchin Kata</i> ?	Breathing is coordinated with the <i>Kata</i> movements, in through the nose and out through the mouth. A short hissing sound is made when exhaling called ‘dragon breathing.’
2	How do you say “excuse me” in <i>Nihongo</i> ?	<b>Sumi Masen</b>
3	How do you say “Please do” or “Be my guest” in <i>Nihongo</i> ?	<b>Dozo</b>
4	Who are Senseis Mark’s and Connie’s main teachers?	Master <b>Tsutomo Nakahodo</b> , Jyudan (10 <sup>th</sup> degree black belt) and Master <b>Hirokuni Yamashiro</b> Hachidan (9 <sup>th</sup> degree black belt)
5	Who were Senseis Mark’s and Connie’s former teachers (until passing)?	Senseis <b>Toshio Higa</b> and <b>Shigeru Takamiyagi</b> both Jyudan (10 <sup>th</sup> degree black belt)
6	Where did <i>Kanbun Uechi</i> study Pan-gai-noon?	<b>Fujian Province, Southern China</b>
7	What is the meaning of <i>Kime</i> ?	A sudden burst of energy, <b>focusing the forces of the mind, body, and spirit on a point.</b> <i>Kime</i> combines muscle contraction, breath, technique, speed, timing, and distancing.
8	What rank is reserved for Black Belts that are 15 years of age or younger?	<b>Jun Shodan</b>
9	How long did <i>Kanbun Uechi</i> study in China?	13 years (1897 to 1910)
10	Who was <i>Kanbun Uechi</i> ’s teacher?	A Shaolin Master named <i>Shu Shi Wa</i>
11	What are the five Master ranks (from sixth to tenth degree)?	<b>Rokudan, Nanadan, Hachidan, Kyudan, and Jyudan</b>
12	What does “ <i>Wakarimasen</i> ” mean?	<b>“I do not understand” or “I do not know”</b>

#### **“I” - IKKYU (BLACK STRIPES)**

1	What was the original name of the ZenQuest Martial Arts Center?	<b>The Okinawan Karate School</b>
2	What blocking element separates <i>Uechi-Ryu</i> from other Okinawan Karate styles?	<b>Nigiru</b> (grabbing or holding)
3	What are the three original <i>kata</i> in <i>Uechi-Ryu</i> ?	<b>Sanchin, Seisan, and Sanseiryu</b>

4	What are the other six <i>kata</i> in <i>Uechi-Ryu</i> ?	<b>Kanshiwa, Kanshu, Seichin, Seiryu, Kanchin, and Ryuko</b>
5	Who was the original owner of the Okinawan Karate School in Pittsfield?	Sensei <b>Frank Gorman</b>
6	The Okinawan Karate School first opened in what year?	<b>1972</b>
7	When did the Okinawan Karate School become the ZenQuest Martial Arts Center?	<b>2010</b>
8	What does the name ZenQuest mean?	It represents self-improvement through martial arts training.
9	What is the headquarters of the <i>Okinawan Karatedo Kyokai</i> in Okinawa called?	The <b>Kenshukai Kan</b>
10	Where are ZenQuest's 'parent' schools?	<b>Chatan, Okinawa City, and Naha, Okinawa</b>
11	What do the keywords in second half of the <b>Dojo Code</b> of conduct mean?	<b>Dedication</b> - Commitment to consistent class attendance and following instructions. <b>Patience</b> - Understanding that important achievements require time and practice. <b>Courage</b> - The ability to stay calm, focus, and perform under pressure. <b>Self-Control</b> - The ability to control behavior and emotions to achieve your goals. <b>Humility</b> - Being modest and considerate of others.
<b>“J” – SHODAN &amp; JUN SHODAN (BLACK BELT &amp; JUNIOR BLACK BELT)</b>		
1	What does <i>Zanshin</i> mean?	<b>Total awareness</b>
2	What does <i>Mushin</i> mean?	<b>Complete clarity of the mind</b>
3	What does <i>Fudoshin</i> mean?	<b>Calmness and stability</b>
4	What is the purpose of the <i>Sanchin Gami</i> or Jars?	<b>To develop strength</b> (especially in the grip.)
5	What are the three Master Titles?	<b>Renshi</b> (for <i>Rokudan</i> ), <b>Kyoshi</b> (for <i>Nanadan</i> and <i>Hachidan</i> ), and <b>Hanshi</b> (for <i>Kyudan</i> and <i>Jyudan</i> )
6	When and where did Sensei's Connie and Mark first start teaching Karate?	<b>1992 in Guilderland, New York</b>
7	What are the dates when <i>Uechi-Ryu's</i> first two grand masters began teaching?	<i>Uechi Kanbun</i> - <b>1908</b> (China) <i>Uechi Kanei</i> - <b>1940</b> (Japan)
8	Where and when did <i>Uechi Kanei</i> begin his study of <i>Karate</i> ?	<b>Wakayama Prefecture</b> in Japan in <b>1930</b>
9	What is the life-span dates of <i>Uechi-Ryu's</i> first two grand masters?	<i>Uechi Kanbun</i> - <b>1877 to 1948</b> <i>Uechi Kanei</i> - <b>1911 to 1991</b>
10	When was the term " <i>Uechi-Ryu</i> " first used?	<b>1940</b>
11	What are the Japanese words for the Dojo Code?	<b>Sonkei</b> – Respect, <b>Mamorimas</b> - Self-defense, <b>Ganbarimas</b> – Perseverance, <b>Meiyo</b> – Honor, <b>Sekinin</b> – Responsibility, <b>Yudaneru</b> - Dedication, <b>Gaman</b> - Patience, <b>Yuuki</b> - Courage, <b>Yokusei</b> - Self-Control, & <b>Kenson</b> - Humility
12	What are the three “major” styles of Karate in Okinawa today?	<b><i>Uechi-Ryu, Goju-Ryu, and Shorin-Ryu</i></b>
13	What is the meaning of <i>Bushido</i> or the Warrior Spirit?	<b>To train the mind, body, and spirit to be pure and strong.</b>
14	What are the three <i>Bunkai(s)</i> in <i>Shohei-Ryu</i> ?	<b><i>Kanshiwa Bunkai, Seisan Bunkai, and Sanseiryu Bunkai.</i></b>
15	What are the Japanese words for Tiger, Crane, and Dragon?	Tiger - <b>Tora (or Ko)</b> , Crane - <b>Tsuru</b> , Dragon - <b>Ryu</b>

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