

# 上地流国際唐手道協会

## Uechi-Ryū International Karate Association Adult Rank Promotional Requirements

The following are the guidelines for all adult black belt testing. All association instructors are required to follow the testing minimum standard guidelines.

### **All candidates must adhere to the following:**

- Meet the testing criteria set forth by their individual instructor
- Must have their instructor's direct approval
- Promotional fee must be paid 30 days in advance of the pre-test
- Note – If the promotional fee is not paid on time. You cannot test, until the following promotion
- Wear a clean white Gi
- Must have the Association patch displayed on uniform
- Must have and bring own sparring gear (Hands, Feet and cup for males).

### **The following are the Black Belt Testing Requirements.**

- There will be two Pre-Tests held every March & September
- The actual test will be held every May & November
- All candidates testing are required to attend the pre-test, or they cannot test at the actual test.

### **Test Board Design.**

- Test Board Senior - Jay Salhanick 9th dan, Vice Chairman and President
- Mutable test board members: 6th dans or higher
- The test is on a pass fail basics. Every section will be pass or fail.
- Once the test is completed. The board will break and have a meeting.
- The paper work will be evaluated.

### **Uechi International “Suggested” Timeline:**

Degree Black Belt	Adult Dan Ranking	Minimum Age	Suggested Minimum Years Training
1st	Shodan	16	Instructor's Discretion
2nd	Nidan	None	Instructor's Discretion
3rd	Sandan	None	Instructor's Discretion
4th	Yondan	None	Instructor's Discretion
5th	Godan	None	Instructor's Discretion
6th	Rokudan	None	20 +/-
7th	Nanadan	None	25 +/-
8th	Hachidan	None	30 +/-
9th	Kyudan	None	40 +/-
10th	Judan	65	50 +/-

The following is the standard test set forth by the association for Shodan to Godan:

<b>Testing Requirement</b>	<b>Shodan</b>	<b>Nidan</b>	<b>Sandan</b>	<b>Yondan</b>	<b>Godan</b>
Written test on History & Terminology <i>Test will be issued by the individual instructor and turned into Jay Salhanick</i>	X	X	X	X	X
Junbi Undō	X	X	X	X	X
Hojo Undō	X	X	X	X	X
Sanchin Kata	X	X	X	X	X
Kanshiwa Kata	X	X	X	X	X
Kanshu Kata	X	X	X	X	X
Seichin Kata	X	X	X	X	X
Seisan Kata	X	X	X	X	X
Seiryu Kata		X	X	X	X
Kanchin Kata			X	X	X
Sanseiryu Kata				X	X
Dan Kumite	X	X	X	X	X
Seisan Bunkai	X	X	X	X	X
Sparring <i>Two 2-minute rounds with 1-minute break between</i>	X	X	X	X	X
Hand-to-hand combat techniques <i>Candidate must display proficiency in basic hand-to-hand combat techniques. Note: The hand-to-hand portion of the test is not a sparring match</i>	5	6	7	8	10
Self design kata OR weapons form OR two-person set			X	X	X
Random questions selected by the test board or test board senior	X	X	X	X	X

The following is the standard test set forth by the association for Rokudan to Judan:

<b>Testing Requirement</b>	<b>Rokudan</b>	<b>Nanadan</b>	<b>Hachidan</b>	<b>Kyudan</b>	<b>Judan</b>
Interview with at least 3 Sr. Board Members	x	x	x		
Direct Interview with the Chairman or Vice Chairman				x	x
Junbi Undō	x	x	x	x	
Hojo Undō	x	x	x	x	
Sanchin Kata	x	x	x	x	x
Kanshiwa Kata	x	x	x	x	
Kanshu Kata	x	x	x	x	
Seichin Kata	x	x	x	x	
Seisan Kata	x	x	x	x	x
Seiryu Kata	x	x	x	x	
Kanchin Kata	x	x	x	x	
Sanseiryu Kata	x	x	x	x	x
Dan Kumite	x	x	x	x	
Seisan Bunkai	x	x	x	x	
Sparring <i>Two 2-minute rounds with 1-minute break between</i>	x	x	x	Optional	
Hand-to-hand combat techniques <i>Candidate must display proficiency in basic hand-to-hand combat techniques. Note: The hand-to-hand portion of the test is not a sparring match</i>	10	10	10	10	
Self design kata <i>OR</i> weapons form <i>OR</i> two-person set	x	x	x	x	
Random questions selected by the test board or test board senior	x	x	x	x	

**Junbi Undō****準備運動***Original 10 Basic Exercises*

1	足先を上げる運動	<i>Ashisaki o ageru undō</i>	Heel Pivot
2	踵を上げる運動	<i>Kakato o ageru undō</i>	Heel Raises
3	足首を廻す運動	<i>Ashikubi o mawasu undō</i>	Foot and Ankle Twist
4	膝を廻らす運動	<i>Hiza o mawasu undō</i>	Knee Circular Bend
5	足を前横に伸ばす運動	<i>Ashi o mae yoko ni nobasu undō</i>	Leg Lift and Turn
6	足を前内斜めあげる運動	<i>Ashi o mae uchinaname no ageru undō</i>	Straight Leg Lift
7	体を前に倒す運動	<i>Tai o mae ni taosu undō</i>	Waist Scoop
8	腰の捻転運動	<i>Koshi no nenten undō</i>	Trunk Stretch
9	腕を前横下伸ばす運動	<i>Ude o mae yoko shita nobasu undō</i>	Double Arm Strike
10	首を廻す運動	<i>Kubi o mawasu undō</i>	Neck Exercise

**Hojo Undō****補助運動***Original 14 Technical Fundamental Exercises*

1	足刀蹴り	<i>Sokutō geri</i>	Side Kick
2	正面蹴り	<i>Shōmen geri</i>	Front Kick
3	廻し突き	<i>Mawashi tsuki</i>	Hook Punch
4	弾き受け平拳突き	<i>Hajiki uke hiraken tsuki</i>	Tiger Paw Blocks and Strikes
5	正拳突き	<i>Seiken tsuki</i>	Closed Fist Block and Punch
6	手刀裏拳小拳突き	<i>Shutō uraken shōken tsuki</i>	Chop, Back fist, One-Knuckle Punch
7	肘突き	<i>Hiji tsuki</i>	Elbow Strikes
8	転身前足蹴り	<i>Tenshin zensoku geri</i>	Turn, Block, Front Kick (Forward Leg)
9	転身後足蹴り	<i>Tenshin kosuko geri</i>	Turn, Block, Front Kick (Back Leg)
10	転身小拳突き	<i>Tenshin shōken tsuki</i>	Turn, Block, One-Knuckle Punch
11	正面弾き	<i>Shōmen hajiki</i>	Fingertip Strikes
12	鯉の尻尾打ち縦打ち	<i>Koi no shippo uchi, tate uchi</i>	Wrist Blocks in Four Directions
13	鯉の尻尾打ち横打ち	<i>Koi no shippo uchi, yoko uchi</i>	Fish-Tail Wrist Blocks
14	深呼吸	<i>Shinkokyū</i>	Deep Breathing