



ABOUT OUR STYLE

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The style of karate taught at this school is called **Uechi-Ryu**. It is derived from a form of Chinese martial arts (chuan-fa) with its headquarters on the island of Okinawa, Japan – the birth place of modern karate.

Originally taught as **Pangainoon** (meaning half hard, half soft), the name was changed to Uechi Ryu to honor **Kanbun Uechi** (1877-1948) after his death. The word karate-do means empty (kara), hand (te) and way of life (do). Thus, studying Uechi Ryu karate do means literally to follow the way of Uechi's style of empty hand.

Grand Master Kanbun Uechi, considered the founder of Uechi-Ryu Karate-Do, was responsible for lifting the veil of secrecy, bringing this art out of China and into Okinawa and Japan. He was born on **May 5, 1877** in Isumi, a small village in northern Okinawa. At the age of 20 (**in 1897**), in order to avoid serving in the Japanese military, which at that time occupied Okinawa, Kanbun fled to China. There, in **Fukien Province**, he studied the art of Pangai-noon. Pangai-noon was taught in the Shaolin Temple in Southern China, and is derived from the interwoven movements of the **tiger, crane, and dragon**. It is a specialized method of self-defense that concentrates on the use of the single knuckle punch, spear-hand strike, pointed kick and circular block. His teacher was **Shushiwa**, a Buddhist priest who had received his training in the Shoalin Temple. Master Uechi studied in Fukien for ten years and became a Master of Pangai-noon. He has the distinction of being one of the very few foreigners ever to teach chuan fa in China.

At the end of training, Master Uechi opened a school in Nanchon, a city in Fukien Province, where he taught for three years. During this time it is believed that one of his students became involved in a dispute and called upon his training to kill another person. Disheartened by this event, Master Uechi vowed never to teach again, closed his school and returned to his homeland in **1910**.

Returning to Okinawa, he married and on **June 26, 1911** his son **Kanei** was born. In April 1924 Kanbun left his family in Okinawa to seek employment and travelled to mainland Japan. He settled in Wakayama and secured employment in a textile mill. In **April 1925**, after many appeals from Ryuyu Tomoyose and other Okinawans for Kanbun to pass on his great knowledge and ability to future generations, Kanbun changed his mind and ended his fifteen year ban on teaching martial arts and opened his first school in Japan. Ryuyu Tomoyose officially became Kanbun Uechi's first student followed by a number of other Okinawans including Seiryu Shinjo.

In **1927**, Kanei Uechi travelled to Wakayama and joined his father and the dojo. Ten years later he received a Certificate of Instruction and Full Proficiency and opened his own dojo in Osaka. In **1941** he was promoted to Master level by his father.

In **1942** Kanei returned to Okinawa (now with his own family) and began teaching Pangainoon in the yard of his home. Kanbun decided to return to Okinawa in **1946** and died on **November 25, 1948** on Ie-jema Island where he and the Shinjo family had relocated to. The Shinjo family were the only ones present when Kanbun died.

In **1957** Kanei opened the Futenma dojo to the public. (The first North American student and Black Belt of Uechi Ryu was George Mattson.) Over the next few decades Kanei Uechi continued to be completely dedicated to the organizing and teaching of his system. Kanei Uechi died on **February 21, 1991** at the age of 80.

Seiryu Shinjo (**June 10, 1908-March 5, 1976**) entered Kanbun Uechi's dojo in **1927**. They became very good friends. His first son, **Seiyu** (**July 10, 1929-Oct 23, 1981**) became a student of Kanbun in 1939. Seiyu was extremely fortunate to learn from both Kanbun and Seiryu until Kanbun's death. Seiryu had to stop his own karate training

after the war due to a respiratory problem. Seiyu, however, after moving back to Okinawa (first on Ie-jima Island, then Naha and finally Kadena) continued his karate training with Kanei Uechi and opened his own dojo. He has been recognized by many, including Kanei Uechi himself, as being one of the strongest proponents for making Uechi Ryu karate a strong internationally recognized organization.

His first son, **Kiyohide Shinjo**, born Nov 3, 1951, assisted by his younger brother **Narihiro** (born in 1960) now continues this legacy with the Kenyukai organization he started in 1982 in honor of his father's death that year. ("Ken" means fist, "yu" is part of the name of Seiyu and "kai" means group.) Thus Kenyukai stands for "Seiyu Shinjo's strong fist group".

NAMES TO REMEMBER

Shushiwa		Taught Pangainoon in China
Kanbun Uechi		Founder of Uechi-Ryu Karate-Do Trained under Shushiwa May 5, 1877 - November 25, 1948
Kanei Uechi		10th Degree Learned Pangainoon from his father, Kanbun Uechi June 26, 1922 - February 21, 1991
Seiyu Shinjo		8th Degree Trained under both Kanbun Uechi and his father, Seiryu Shinjo July 10, 1929 - October 23, 1981
Kiyohide Shinjo		9th Degree Trained under his father, Seiyu Shinjo November 3, 1951 - Present
Manuel DeSa		7th Degree Student of Master Neil Dunnigan until 2008. Now formally a student of Master Kiyohide Shinjo May 18, 1964 - Present

RANKING SYSTEM & TESTING PROTOCOL

The levels below Black Belt are referred to as Kyu ranks and students at this school progress in the following manner:

RANK	KYU LEVEL	BELT COLOR
Jyukyu	10 th	White
Kyukyu	9 th	Yellow
Hachikyu	8 th	Blue
Shichikyu	7 th	Red
Rokkyu	6 th	Purple
Gokyu	5 th	Green
Yonkyu	4 th	Green with one brown stripe
Sankyu	3 rd	Brown
Nikyu	2 nd	Brown with one black stripe
Ikkyu	1 st	Brown with two black stripes

All testing is by invitation from an instructor. Formal tests are held 5-7 times throughout the year. Students will be informed in advance as to whether or not they have been invited to the formal test. The decision to test a student is based upon such factors as **technical skill, attitude and character, class attendance, length of study and age**. Students green belt and above who are invited to test but are unable to attend the formal test, will be invited to the next test, provided they have maintained an adequate level of training.

Kyu ranks are followed by ten “Dan ranks (degrees of Black Belt). The minimum age for promotion to Shodan (1st degree Black Belt) with recognition and certification from Okinawa is 15. At Desa School of Karate students under the age of 15 may be promoted to the rank of Junior Shodan, Junior Nidan, etc (1st, 2nd degree black belt). To be tested for Junior Shodan, a student must have a minimum of three years training

Black Belt tests are held twice a year. All students who are eligible will be notified well in advance. These students will then be expected to maintain their training and attend all qualifying classes. Closer to the actual test date, Sensei deSa will invite those students who have achieved the level of training necessary for their next level to participate in the Black Belt test.

DOJO ETIQUETTE

In the dojo (school) or at Karate related events your Head Instructor, Manuel deSa, should be called or referred to as “Sensei” or “Desa Sensei”. All **visiting** senior Black Belts will also be addressed in the same manner.

- All senior students (Black Belts) should be called or referred to as “Sempai” or “name (Smith) Sempai”.
- When entering the dojo for the first time on any given day, students must bow followed by two claps. The same format is to be followed when leaving the dojo after the class is done.
- Thoughtless and careless actions have no place in or out of the dojo.
- Always keep your body and gi clean.
- All jewelry must be removed for training.
- Hair longer than collar length must be tied back.
- Help to maintain a clean dojo at all times.
- You are required to learn and practice the student creed as outlined below.

STUDENT CREED

Remembering that the Martial Arts begin and end with respect, I intend to:

1. Develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.
2. Develop self-discipline in order to bring out the best in myself and others.
3. Use what I learn in class constructively and defensively, to help myself and my fellow man and never to be abusive or offensive.

BOWING METHODS

In the Orient, bowing is a form of showing respect. In some cases, it is equivalent to shaking hands when greeting someone. It also has other uses. Uechi Ryu uses two types of bows. Each has a certain set of circumstances in which it is used, although the exact usage may vary from school to school. The most important thing about the bow is the thought behind it. As Kanei Uechi once said, "Without sincerity, the bow is meaningless. Rather than be concerned about its outward appearance, put your heart and soul into the bow; then it will naturally take on a good shape".

KNEELING BOW (Selza)

The kneeling bow may be used in the following cases:

- When entering the dojo, prior to starting your workout.
- As part of the ceremonial class opening and closing.
- When leaving the dojo for the final time.

At the beginning and end of each class, the students say the following:

Beginning "One Gozaimas" Meaning please (as in please teach me)

End "Domo Arigato Gozai Mashta" (Thank you very much)

This terminology is also used when bowing to the Sensei at the start and end of each kata and also when doing a standing bow to your partner before and after doing partner drills. (Thank you very much can be abbreviated to "arigato gozai mashta" during class).

STANDING BOW (Ritsurel)

The standing bow is the most common way of showing respect. The standing bow is used in the following situations:

- Whenever the instructor bows to the student.
- Before asking a question of the instructor and after receiving his reply. Depending on the circumstances, this practice may be slightly relaxed. The student should be alert and follow the instructor's lead.
- When entering or leaving the dojo together with two claps.
- At the beginning and end of all kata.
- Before and after doing a two person drill with a fellow practitioner. Generally, this bow need not be repeated between each repetition of a two person drill. It suffices to bow when the partners begin working with one another and when they are finished.
- When doing a two person drill in certain formal situations a standing bow is directed to the front before the opening bow to one's partner and after the closing bow to one's partner.

MATERIAL COVERED

Jumbi Undo (Warm-up exercises)

Heel pivot	Straight leg kick
Heel lift and turn	Waist scoop
Knee circles	Trunk twisting
Leg and ankle circles	Double thrusts
Leg lift and tum	Neck exercises

Hojo Undo (Uechi exercises)

English	Japanese	For Which Rank
Side Snap Kick	Sokuto Geri	Yellow/Blue Belt
Front Kick	Shomen Geri/Mae Geri	"
Reverse Punch	Shomen/Seiken Tsuki	"
Chop-Backfist-One Knuckle Punch	Uke Shuto Uchi-Ura Uchi-Shoken Tsuki	"
Hook Punch	Mawashi Tsuki	Red Belt
Fore Knuckle/Tiger Fist	Hajiki Uke-Hiraken Tsuki	"
Elbow Strikes	Hiji Tsuki	Rokkyu and above
Turn-Block-Front-Kick Forward Leg	Tenshin Zensoku Geri	"
Turn-Block-Front-Kick Back Leg	Tenshin Kosoku Geri	"
Turn-Block-One Knuckle Punch	Tenshin Shoken Tsuki	"
FingerTip Strikes	Shomen Hajiki	"
Fishtail strikes up and down	Koi No Shippo Uchi-Tate Uchi	"
Fishtail strikes side to side	Koi No Shippo Uchi-Yoko Uchi	"

Geri Wasa (Kicking Techniques)

Front Kick	Shomen Geri
- Pointed Toe	- Sokusen
- Ball of Foot	- Sokutei
Back Kick	Ushiro Geri
- Knife Edge	- Sokuto
- Heel	- Kakato
Roundhouse Kick	Mawashi Geri
Stomping Kick	Fumi Komi
Side Kick	Yoko Geri
Crescent Kick	Ura mawashi geri
Spinning Back Kick	Kaiten Ushiro Geri
Jumping Kick	Tobi Geri
Leg Sweep	Ashi Barai
Knee Strike	Hiza Ate

Kata (Patterns)

Sanchin	Seichin	Seiryu
Kanshiwa	Seisan	Kanchin
Kanshu		Sanseiryu

Other Material

Kote Kitae (Arm Rubbing and Pounding)

Ashi Kitae (Leg conditioning)

Bunkai (Kata Analysis)

Kyu Kumite (Junior Level prearranged sparring)

Dan Kumite (Senior Level prearranged sparring)

Jiyu Kumite (Free style sparring)

Counting

One	Ichi	Four	Shi/Yon	Seven	Shichi/Nana	Ten	Ju
Two	Ni	Five	Go	Eight	Hatchi		
Three	San	Six	Roku	Nine	Kyu		

TERMINOLOGY

Kiotsuke	Stand at attention
Rei	Bow
Hai	Yes
Yoi	Get ready
Yosh	Finish
Hajime	Begin
Migi ashi mae	Right foot forward
Hidari ashi mae	Left foot forward
Ashi kotai or kotai	Switch feet/ leg
Seiza	Kneeling bow
Mokuso	Meditating period to clear mind
Mokuso Yamei	Stop meditating
Tsuki Kamai	Ready punching position

You may be asked to bow using the following commands:

Shomen ni rei	To the front of the dojo
Sensei/Sempai ni rei	To Sensei or Sempai
Otogai ni rei	To each other

STANCES

Musubi dachi	Attention stance
Heiko dachi	Natural/ parallel
Sanchin dachi	Sanchin stance
Suegoshi dachi	Uechi stance
Neko ashi dachi	Cat stance
Zenkutsu dachi	Forward leaning stance
Kokutsu dachi	Back leaning stance
Kiba dachi	Horse stance
Shiko dachi	Horse stance toes out
Tsuru dachi	Crane stance

BLOCKS

Jodan Uke	High block
Chudan Uke	Middle block
Gedan Uke/ Gedan Barai	Low block
Uchi Uke	Inside forearm
Soto Uke	Outside forearm/ Shuto
Mawashi Uke	Circle block
Wauke	Circle block and strike
Tsuru uke	Crane Block