

About Uechiryu Karate

Karate was developed on the island of Okinawa. Most of the karate systems of Okinawa are indigenous fighting arts, influenced by the Chuan-fa arts of southern China. Uechi is unique among these arts, in that it is a true Chinese art (Pangainoon) brought to the island nation by the Okinawan who studied it in China. Grandmaster Kanbun Uechi studied Pangainoon in China from 1897 through 1907 and remained in China to teach this art, a rare privilege, until 1910. The art that Kanbun Uechi brought back to his island home is essentially the same martial system taught in most Uechi schools today. The style has not been simplified or watered-down. Uechi is still the vigorous, hardcore system of fighting/self-defense that it has always been. One of the three main styles originating in Okinawa, Uechiryu is a no nonsense system using hand strikes and low kicks. Our practice consists of a series of formalized movements (Kata) done individually, and some two person drills.

Uechiryu is not about: flash, flying through the air, katas performed to music, tie-dye uniforms, or a fast-track to a black belt, nor is it tournament oriented. Sparring is done only as a means of developing reflexes. Though some do enter tournaments, Uechi is more self-defense (Budo Karate) oriented. Indeed, Uechi is as far removed from the Hollywood version of martial arts as you can get. Uechi is toe-to-toe grunt work; we are the meat and potatoes of the martial arts world. Uechi is a close in fighting system that relies on circular/grabbing blocks, quick/effective hand techniques and low/devastating kicks. The Uechi practitioner is trained to toughen the body so that he or she is as confident in taking a shot as he or she is in delivering one. Finally, Uechi's rigorous training and the philosophy encouraged in the dojo help to build self-confidence, relieve stress, and foster emotional well being.