

# CLUB NAHA

KARATE-DO

Requirements for 1st Kyu

Minimum time requirement from last rank: 10 Months

## **Tachikata: Stances**

Improve prior stances

## **Uke: Block**

Kakuto Uke: Back of the Wrist Block

## **Ate/Uchi: Strike**

Ippon Ken: One Knuckle Punch

Nakayubi Ippone Ken: Middle Knuckle Punch

Ippone Nukite: One Finger Spear Hand

Nihan Nukite: Two Finger Spear Hand

## **Keri: Kick**

Improve prior kicks

## **One Step Sparring**

Jung Sung : 1-4

## **Kata: Formal Exercise**

Pinan Godan: Peaceful Mind #5

Ananku: Light From the South

Kyoku Godan: Rising Sun #5

TECHNIQUE SHUDOKAN