

# CLUB NAHA

KARATE-DO

## Requirements for 2nd Kyu

Minimum time requirement from last rank: 10 Months

### **Dachi: Stances**

Sokumen Dachi: Flank Stance

### **Uke: Block**

Morote Uke (Jodan, Chudan, Gedan): Reinforced Block

### **Ate/Uchi: Strike**

Age Zuki: Rising Punch

Ate Zuki: Upside Down Punch

Furi Zuki: Flare Punch

### **Geri: Kick**

Ushiro Geri: Back Kick

### **One Step Sparring**

So Sang: 7-9

### **Kata: Formal Exercise**

Pinan Shodan: Peaceful Mind #1

Pinan Sandan: Peaceful Mind #3

Kyoku Nidan: Rising Sun #2

