

CLUB NAHA

KARATE-DO

Requirements for 1st Kyu
Minimum time requirement from last rank: 1 Year

Dachi: Stances

Improve prior stances

Uke: Block

Juji Uke (Jodan, Gedan): Cross Block

Ate/Uchi: Strike

Yama Zuki: Mountain Punch

Awase Zuki: U Punch

Koko Uchi: Tiger Mouth Strike

Ippon Ken: One Knuckle Punch

Nakayubi Ippone Ken: Middle Knuckle Punch

Geri: Kick

Hiza Geri: Knee Kick

One Step Sparring

Jung Sung : 1-4

Kata: Formal Exercise

Pinan Yondan: Peaceful Mind #4

Kyoku Sandan: Rising Sun #3

Kyoku Yondan: Rising Sun #4

