

CLUB NAHA

KARATE-DO

Requirements for 3rd Kyu

Minimum time requirement from last rank: 8 Months

Dachi: Stances

Kaki Dachi: T- Stance

Uke: Block

Improve prior blocks

Ate/Uchi: Strike

Nukite (Jodan, Chudan, Gedan): Spear Hand

Kuma De (Jodan, Chudan, Gedan): Bear Palm Strike

Geri: Kick

Tobi Geri (Yoko and Mawashi): Jump Kick

One Step Sparring

So Sang: 5-6

Kata: Formal Exercise

Pinan Nidan: Peaceful Mind #2

Empi Iwa: Hard Like Rock

Empi Take: Springy Like Bamboo

