

# CLUB NAHA

KARATE-DO

**Requirements for 4th Kyu**  
**Minimum time requirement from last rank: 6 Months**

## **Dachi: Stances**

Kokutsu Dachi: Back Stance

## **Uke: Block**

Improve prior blocks

## **Ate/Uchi: Strike**

Hiji Ate (Mae, Mawashi, Otoshi, Ushiro, Yoko, and Age): Elbow Strike  
Tetsui: Hammer Fist Strike

## **Keri: Kick**

Ushiro Mawashi/Kagi Geri: Hook Kick / Backwards Roundhouse Kick  
Ura Geri (Makizuki, Yoko, Kagi): Spin Kick

## **One Step Sparring**

So Sang: 4

## **Kata: Formal Exercise**

Yoso No Kata #5: Form of Expectation #5  
Kyoku Shodan: Rising Sun #1  
Hiji Ate Goho: Five Methods of Elbow Strikes

