

CLUB NAHA KARATE-DO

Requirements for 7th Kyu

Minimum time requirement from last rank: 2-4 Months

Dachi: Stances

Mosubi Dachi: Attention Stance

Hachiji Dachi: Natural Stance

Shiko Dachi: Horse Stance

Uke: Block

Jodan Age Uke: Rising Block

Chudan Soto Uke: Inner Forearm Block

Gedan Barai Uke: Down Block

Ate/Uchi: Strike

Seiken Zuki (Jodan, Chudan, Gedan) Fore Fist Punch

Keri: Kick

Mae Geri: Front Kick

Mikazuki Geri: Crescent Kick

One Step Sparring

So Sang: 1

Kata: Formal Exercise

Yoso No Kata #1: Form of Expectation #1
(First eight steps)

