

CLUB NAHA

KARATE-DO

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

Dachi: Stances

Neko Ashi Dachi: Cat Stance

Zenkutsu Dachi: Front Stance

Uke: Block

Ude Uke: Outer Forearm Block

Ate/Uchi: Strike

Gyaku Zuki (Jodan, Chudan, Gedan) Reverse Punch

Keri: Kick

Mawashi Geri: Roundhouse Kick

Mikazuki Geri: Crescent Kick

One Step Sparring

So Sang: 2

Kata: Formal Exercise

Yoso No Kata #1: Form of Expectation #1

Yoso No Kata #2: Form of Expectation #2

