

# CLUB NAHA KARATE-DO

Requirements for 3rd Kyu  
Minimum time requirement from last rank: 6 Months

## Tachikata: Stances

Kosa Dachi: Crossed Leg Stance  
Sokumen Dachi: Flank Stance

## Uke: Block

Morote Uke (Jodan, Chudan, Gedan): Reinforced Block  
Kosa Uke: Crossing Block  
Haiwan Uke: Square Block

## Ate/Uchi: Strike

Age Zuki: Rising Punch  
Ate Zuki: Upside Down Punch  
Furi Zuki: Flare Punch

## Keri: Kick

Ushiro Yoko Geri: Back Side Kick

## One Step Sparring

So Sang II: 4-6

## Kata: Formal Exercise

Pinan Shodan: Peaceful Mind #1  
Pinan Sandan: Peaceful Mind #3  
Kyoku Nidan: Rising Sun #2

