

CLUB NAHA

KARATE-DO

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

Tachikata: Stances

Improve prior stances

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

Tobi Geri: Jump Kick

Fighting Techniques

#6-7

Self Defense Techniques

#6-7

Kata: Formal Exercise

Hiji Ate Goho: Five Methods of Elbow Strikes

Empi Iwa: Hard Like Rock

Empi Take: Springy Like Bamboo

