

CLUB NAHA KARATE-DO

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

Tachikata: Stances

Teiji Dachi: T- Stance

Uke: Block

Improve prior blocks

Ate/Uchi: Strike

Haito: Ridge Hand

Nukite (Jodan, Chudan, Gedan): Spear Hand

Kuma De (Jodan, Chudan, Gedan): Bear Palm Strike

Keri: Kick

Ushiro Mawashi/Kagi Geri: Hook Kick / Backwards Roundhouse Kick

Gyaku Geri (Makizuki, Yoko, Kagi): Reverse Kick

One Step Sparring

So Sang II: 1-3

Kata: Formal Exercise

Pinan Nidan: Peaceful Mind #2

Empi Iwa: Hard Like Rock

Empi Take: Springy Like Bamboo

