

CLUB NAHA

KARATE-DO

Requirements for 5th 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

One Step Sparring

So Sang I: 7-9

Kata: Formal Exercise

Kyoku Shodan: Rising Sun #1

Hiji Ate Goho: Five Methods of Elbow Strikes

TECHNIQUE SHUDOKAN