

CLUB NAHA

KARATE-DO

Requirements for 5th Kyu
Minimum time requirement from last rank: 4 Months

Tachikata: Stances

Improve prior stances

Uke: Block

Shuto Uke (Jodan, Chudan, Gedan): Knife Hand Block

Ate/Uchi: Strike

Shuto Uchi: Knife Hand Strike

Keri: Kick

Yoko Geri: Side Kick

Fighting Techniques

#4-5

Self Defense Techniques

#4-5

Kata: Formal Exercise

Yosno Kata #2: Form of Four #2

Yosno Kata #4: Form of Four #4

