

CLUB NAHA KARATE-DO

Requirements for 6th 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

One Step Sparring

So Sang I: 5-6

Kata: Formal Exercise

Yosno Kata #3: Form of Four #3

Yosno Kata #4: Form of Four #4

CLUB OF KARATE-DO
"NAHA"
TECHNIQUE SHUDOKAN