

# CLUB NAHA

KARATE-DO

**Requirements for 7th Kyu**  
**Minimum time requirement from last rank: 4 Months**

## **Tachikata: Stances**

Neko Ashi Dachi: Cat Stance  
Moto Dachi: Small Front Stance  
Zenkutsu Dachi: Front Stance  
Kokutsu Dachi: Back Stance

## **Uke: Block**

Ude Uke: Outer Forearm Block

## **Ate/Uchi: Strike**

Gyaku Zuki (Jodan, Chudan, Gedan): Reverse Punch  
Uraken: Backfist

## **Keri: Kick**

Mawashi Geri: Roundhouse Kick

## **One Step Sparring**

So Sang I: 3-4

## **Kata: Formal Exercise**

Yosno Kata #1: Form of Four #1  
Yosno Kata #2: Form of Four #2

