

# CLUB NAHA

KARATE-DO

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

## **Tachikata: Stances**

Mosubi Dachi: Attention Stance  
Hachiji Dachi: Natural Stance  
Shiko Dachi: Square Stance  
Kiba Dachi: Horse Stance

## **Uke: Block**

Jodan Age Uke: Rising Block  
Chudan Soto Uke: Inner Forearm Block  
Gedan Barai Uke: Down Block

## **Ate/Uchi: Strike**

Seiken Zuki (Jodan, Chudan, Gedan) Fore Fist Punch

## **Keri: Kick**

Mae Geri: Front Kick  
Mikazuki Geri: Crescent Kick

## **Fighting Techniques**

#1

## **Self Defense Techniques**

#1

## **Kata: Formal Exercise**

Yosno Kata #1: Form of Four #1  
(First eight steps)

