

CLUB NAHA

KARATE-DO

Requirements for 8th Kyu
Minimum time requirement from last rank: 4 Months

Tachikata: Stances

Mosubi Dachi: Attention Stance
Hachiji Dachi: Natural Stance
Shiko 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

One Step Sparring

So Sang I: 1-2

Kata: Formal Exercise

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

