

CLUB NANA

KARATE-DO

Requirements for 3rd Kyu
Minimum time requirement from last rank: 6 Months

Tachikata: Stances

Kosa Dachi: Crossed Leg Stance
Sokumen Dachi: Flank Stance

Uke: Block

Morote Uke (Jodan, Chudan, Gedan): Reinforced Block
Kosa Uke: Crossing Block
Haiwan Uke: Square Block

Ate/Uchi: Strike

Age Zuki: Rising Punch
Ate Zuki: Upside Down Punch
Furi Zuki: Flare Punch

Keri: Kick

Ushiro Yoko Geri: Back Side Kick

Fighting Techniques

#11-12

Self Defense Techniques

#11-12

Kata: Formal Exercise

Pinan Shodan: Peaceful Mind #1
Pinan Sandan: Peaceful Mind #3
Kyoku Nidan: Rising Sun #2

TÉCNICA

SHUDOKAN