

CLUB NAHA

KARATE-DO

Requirements for 2nd Kyu
Minimum time requirement from last rank: 8 Months

Tachikata: Stances

Improve prior stances

Uke: Block

Kaishu Haiwan Uke: Open Hand Square Block
Juji Uke (Jodan, Gedan): Cross Block

Ate/Uchi: Strike

Koko Uchi: Tiger Mouth Strike

Keri: Kick

Hiza Geri: Knee Kick
Tobi Geri (Yoko and Mawashi): Jump Kick

Fighting Techniques

#13-14

Self Defense Techniques

#13-14

Kata: Formal Exercise

Pinan Yondan: Peaceful Mind #4
Kyoku Sandan: Rising Sun #3

