

# 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

## **Fighting Techniques**

#2-3

## **Self Defense Techniques**

#2-3

## **Kata: Formal Exercise**

Yosno Kata #1: Form of Four #1

Yosno Kata #3: Form of Four #3

TÉCNICA

SHUDOKAN