

Central Kyokushin Karate | Self Defense

Requirements

Minimum training time since 10th kyu: **1,000 hours**

Primary Objectives: Student should demonstrate the full range of beginner, intermediate, and advanced self-defense techniques with speed, power, and control. Student must be able to flexibly adapt to a changing environment with evolving circumstances and make effective defensive decisions that perceive and rapidly respond to aggressor.

10th Kyu | Orange Belt

Wrist Techniques | 5 Basic Frontal Grabs; Left, Right Hand

Chokes | Front, Rear, Side

9th Kyu | Orange Belt + Stripe

Wrist Techniques | 4 Advanced Frontal Grabs

Double Rear Wrist Grab

8th Kyu | Blue Belt

Single Collar Grab

Single and Double Roundhouse Punch

Straight Punch

Mugger Hold

Kick at Groin

Single-Handed Chest Push

7th Kyu | Blue Belt + Stripe

Front Hair Grab

Headlock

Front Under-Arm Bear Hug

Rear Under-Arm Bear Hug

Attempted Side Bear Hug

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6th Kyu | Yellow Belt

Double Collar Grab

Double Collar Grab - Pushing

Rear Hair Pull

Full Nelson

Rear Double Arm Bar (chicken wings)

5th Kyu | Yellow Belt + Stripe

Hand on Shoulder | Front, Behind, Opposite Hand

Collar Grab and Punch

Over-Arm Side Bear Hug (not attempted)

Cross Collar Grab

4th Kyu | Green Belt

Double Front Collar Grab while Pulling

Tough Guy Single and Double Collar Grab

Side Hair Pull

Advanced Headlock

3rd Kyu | Green Belt + Stripe

Mugger Hold with Arm Bar

Roundhouse Kick Defense

Basic Jiu-jitsu | Takedowns, Escapes, Mount, Guard

Jiu-jitsu Arm Bars (3 Basic)

2nd Kyu | Brown Belt

Knife Attack Defense (Front Hand Slash, Back Hand Slash, Uppercut Stab, Psycho Stab, Straight Stab)

Spinning Heel Kick Defense

All Prior Self-Defense with Level 2 Follow-Through Techniques

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Basic Jiu-jitsu Chokes

Basic Jiu-jitsu Shoulder and Ankle Locks

1st Kyu | Brown Belt + Stripe

Gun Attack Defense | Front, Side, Behind, At Distance

All Prior Self-Defense | Multiple Level 2 Follow-Through Techniques with Flow

Free-Form Jiu-jitsu | Different Sized Opponents

Shodan | Black Belt

All Prior Techniques with Speed, Power, and Control

Ability to Adapt to Changing Circumstances with Awareness, Flow, and Intention

Ability to Adjust Defensive Tactics to Circumstances