

Central Kyokushin Karate | Weapons

Requirements

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

Primary Objectives: Student should demonstrate the full range of beginner, intermediate, and advanced kata with speed, power, and control. Student must be able to explain concept of form and demonstrate bunkai or other application on demand.

10th Kyu | Orange Belt

Nunchaku Basic Techniques (joined two stick)

9th Kyu | Orange Belt + Stripe

Nunchaku Basic Techniques | Improved with Flow

8th Kyu | Blue Belt

Nunchaku Ichi (joined sticks form one)

Escrima Basic Techniques | 3-Way, Rodondo

7th Kyu | Blue Belt + Stripe

Nunchaku Ni (joined two stick form two)

6th Kyu | Yellow Belt

Nunchaku San (joined two stick form three)

Escrima Basic Techniques | Previous plus 6-Way, 12 Point Strikes

Bo Basic Techniques (staff)

5th Kyu | Yellow Belt + Stripe

Bo Ichi (staff form one)

4th Kyu | Green Belt

Chion Bo (staff kata two)

3rd Kyu | Green Belt + Stripe

Nunchaku Yon (joined two sticks form four)

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2nd Kyu | Brown Belt

Tokamine No Kun Bo (staff form three)

Tonfa Basic Techniques (melee)

Nunchaku Ichi, Ni, San, Yon (joined two stick forms one, two, three, four) | Ura

1st Kyu | Brown Belt + Stripe

Sai Basic Techniques (pronged dagger)

Tonfa Ichi (melee form one)

Tonfa Ni (melee form two)

Tonfa San (melee form three)

Shodan | Black Belt

All Prior Techniques with Speed, Power, and Control

Sai Ichi

Nuchachu, Bo, Tonfa, Sai Kata | Ura, Tate

Iaido Forms