

Central Kyokushin Karate | **Rolls, Falls and Throws**

General Requirements

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

Objectives:

Student should apply principles of energy dissipation to rolling and falling (ukemi) and balance (kazushi) to throws at beginner, intermediate, and advanced levels. Student must be able to integrate ukemi and nage with traditional kumite.

10th Kyu | **Orange Belt**

- ☐ 8 Points of Balance | Kazushi

9th Kyu | **Orange Belt + Stripe**

- ☐ Forward Roll | Left, Right
- ☐ Break Falls | Left, Right, Straight Back

8th Kyu | **Blue Belt**

- ☐ Rolling and Falling combinations | Ukemi
- ☐ Sweeping Throw | De Ashi Barai
- ☐ Big Hip Throw | O Goshi

7th Kyu | **Blue Belt + Stripe**

- ☐ Side Sacrifice Throw | Uki Waza
- ☐ Shoulder Throw | Ippon Seoi Nage

6th Kyu | **Yellow Belt**

- ☐ Outer Reaping Throw | Soto Gari
- ☐ Inner Reaping Throw | Uchi Gari

5th Kyu | **Yellow Belt + Stripe**

- ☐ Back Carry Thro | Moroto Seoi Nage
- ☐ Floating Hip Throw | Uki Goshi

4th Kyu | **Green Belt**

- ☐ Circle Throw, Cpt Kirk Throw | Tomoe Nage

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- ☐ Body Drop Throw | Tai Otoshi

3rd Kyu | **Green Belt + Stripe**

- ☐ Sweeping Hip Throw | Harai Goshi
- ☐ Scroll Throw | Soto Makikomi

2nd Kyu | **Brown Belt**

- ☐ Shoulder Wheel Throw | Kata Garuma

1st Kyu | **Brown Belt + Stripe**

- ☐ All Prior Throws with Balance, Precision, and Control
- ☐ Intermediate Follow-Through for All Throws

Shodan | **Black Belt**

- ☐ All Prior Throws with Speed, Power, and Control
- ☐ Advanced Follow-Through for All Throws