

Central Kyokushin Karate | Kata

General Requirements

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

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

- Grand Ultimate Form One | Taikyoku Ichi
- Grand Ultimate Form Two | Taikyoku Ni
- Grand ultimate Form Three | Taikyoku San

9th Kyu | Orange Belt + Stripe

- Kicking Grand Ultimate Form One | Sokugi Taikyoku Ichi | Kansetsu Geri / Mae Geri
- Kicking Grand Ultimate Form Two | Sokugi Taikyoku Ni | Yoko Geri / Mae Keage
- Grand Ultimate Form 1, 2, 3 | Taikyoku Ichi, Ni, San | Ura, Tate

8th Kyu | Blue Belt

- Kicking Grand Ultimate Form 3 | Sokugi Taikyoku San | Yoko Geri / Uchi Mawashi Geri / Soto Mawashi Geri
- Kicking Grand Ultimate Form 4 | Sokugi Taikyoku Yon | Yoko Geri / Jodan Mawashi Geri / Ushiro Mawashi Geri
- Safe from Harm 1 | Pinan Ichi

7th Kyu | Blue Belt + Stripe

- Kicking Grand Ultimate Form 1-4, Circular | Sokugi Taikyoku Ichi-Yon | Ura
- Kicking Grand Ultimate Form 1-4, Straight | Sokugi Taikyuko Ichi-Yon | Tate

6th Kyu | Yellow Belt

- Safe from Harm 2 | Pinan Ni
- Safe from Harm 3 | Pinan San

5th Kyu | Yellow Belt + Stripe

- Safe from Harm 4 | Pinan Yon

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- Keep Pure, Three Directions Form | Yantsu

4th Kyu | Green Belt

- Safe from Harm 5 | Pinan Go
- Major Conquer and Occupy Form | Gekisai Dai

3rd Kyu | Green Belt + Stripe

- Fortune and Luck, Punching Form | Tsuki No Kata
- Three Battles Form | Sanchin

2nd Kyu | Brown Belt

- Minor Conquer and Occupy | Gekisai Sho
- Extreme Destruction Form | Saiha

1st Kyu | Brown Belt + Stripe

- Rotating Palms Form | Tensho
- 3 Battles/Rotating Palms Form | Sanchin-Tensho
- 4 Way Rotating Palms Form | Entensho

Shodan | Black Belt

- All kata twice
- All prior kata with understanding of concept, application, and history
- Kata in Ura, Tate | Instructor Choice
- Mekakushi No Kata | Instructor Choice