

# Central Kyokushin Karate | Self Defense

## General Requirements

Minimum training time since 10<sup>th</sup> kyu: **1,000 hours**

### 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.

### 10<sup>th</sup> Kyu | Orange Belt

- Wrist Techniques | 5 Basic Frontal Grabs; Left, Right Hand
- Chokes | Front, Rear, Side

### 9<sup>th</sup> Kyu | Orange Belt + Stripe

- Wrist Techniques | 4 Advanced Frontal Grabs
- Double Rear Wrist Grab

### 8<sup>th</sup> Kyu | Blue Belt

- Single Collar Grab
- Single and Double Roundhouse Punch
- Straight Punch
- Mugger Hold
- Kick at Groin
- Single-Handed Chest Push

### 7<sup>th</sup> Kyu | Blue Belt + Stripe

- Front Hair Grab
- Headlock
- Front Under-Arm Bear Hug
- Rear Under-Arm Bear Hug
- Attempted Side Bear Hug

### 6<sup>th</sup> Kyu | Yellow Belt

- Double Collar Grab
- Double Collar Grab - Pushing
- Rear Hair Pull
- Full Nelson
- Rear Double Arm Bar (chicken wings)

# Central Kyokushin Karate | Self Defense

## 5<sup>th</sup> 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

## 4<sup>th</sup> Kyu | Green Belt

- Double Front Collar Grab while Pulling
- Tough Guy Single and Double Collar Grab
- Side Hair Pull
- Advanced Headlock

## 3<sup>rd</sup> 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)

## 2<sup>nd</sup> 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
- Basic Jiu-jitsu Chokes
- Basic Jiu-jitsu Shoulder and Ankle Locks

## 1<sup>st</sup> 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