# 国際空手道連盟極真流

INTERNATIONAL KARATE ALLIANCE, KYOKUSHINRYU

# JOIN KYOKUSHINRYU FOR STRONGER DEVELOPMENT

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# 6 CONTINENTS

OCEANIA - ASIA - EUROPE -AFRICA - NORTH AMERICA - SOUTH AMERICA

# 65 COUNTRIES

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# SOCIAL MEDIA ACCOUNTS

## FB/InternationalKarateAllianceKyokushinRyu

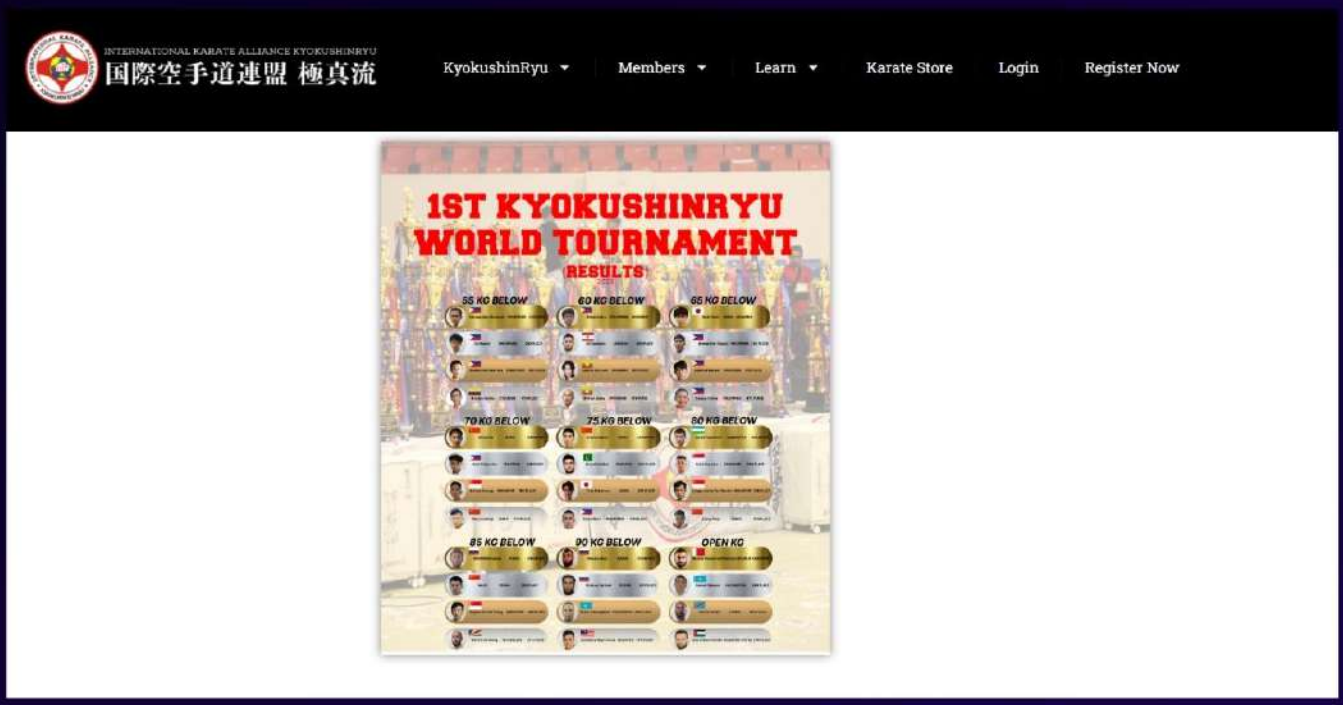



## @kyokushinryuofficial



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# WEBSITE: IKAK.NET



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Transcript of Record

BARJA KUMAR RAI

Country: Singapore

Rank: 5th Dan (Go Dan) OLYMPIAN

Katakana: バルジャ・ライ

Member Since: 07-Dec-2020

Membership #: 2019-9898-3838-0679

5TH DAN

| CODE | DESCRIPTION | DATE |
|---|---|---|
| BCC 4248 | SHIBUCHO Certificate Number: 0305 | 15-July-2023 |
| AC 1092 | ARBITER Junior Referee (SAN-SEI) 2024-1092. Graded By: Phillip Armand Moustache | 9-November-2023 |
| YC 6804 | YUDANSHA 5th Dan (Go Dan) 2024-6804 Graded By: Jackie Fook Hon Chong | 8-January-2024 |

TRANSCRIPT OF RECORD



1st Dan (Sho Dan)

Kyaw Min

Myanmar

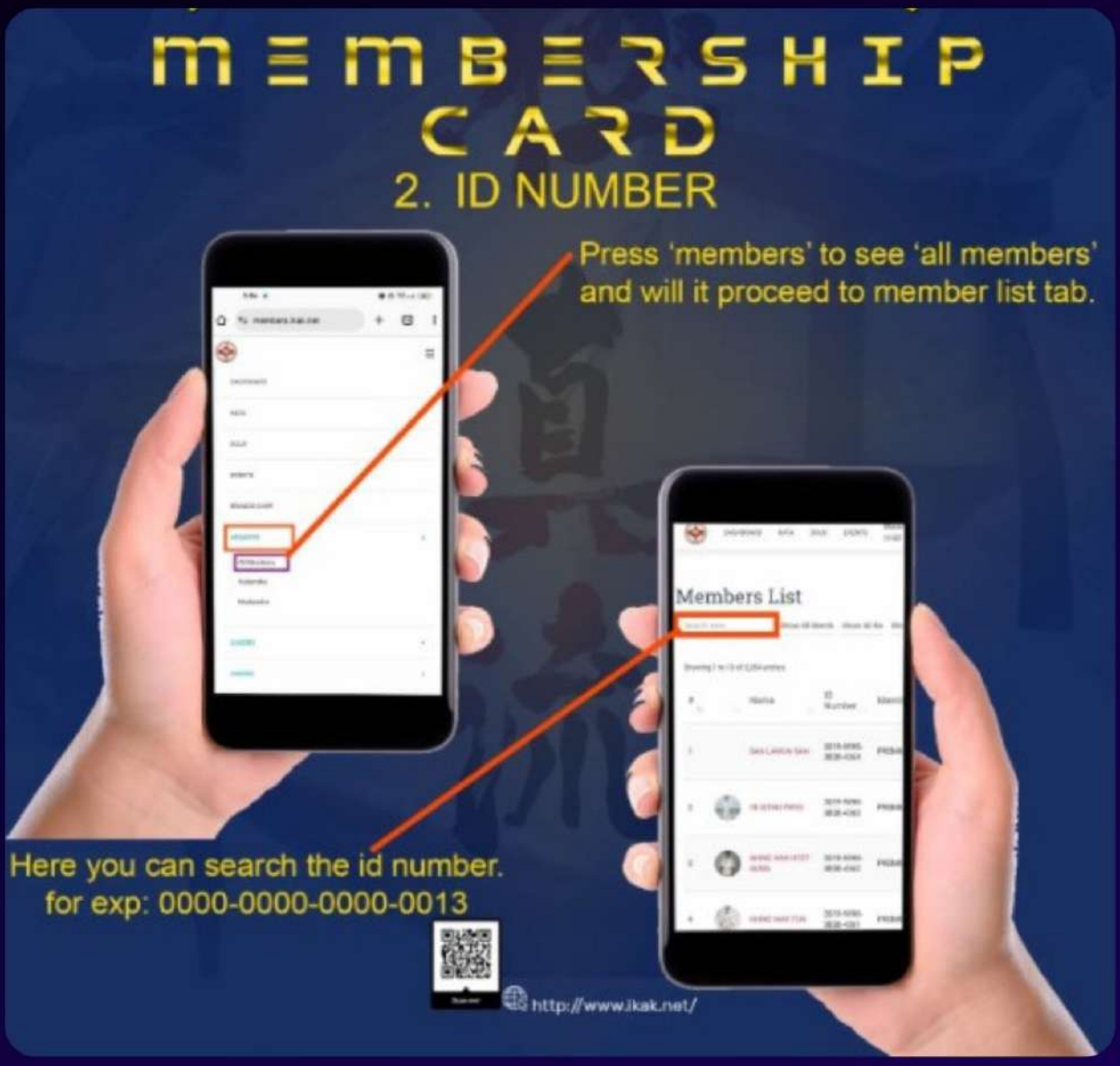
WALLPAPER

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# DIGITAL KYOKUSHIN MEMBERSHIP CARD



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# HOW TO USE MEMBERSHIP CARD



Show your card to your sensei







Your sensei will tap or scan the card on the smart phone

automatically your information will appear

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THIS CAN BE USED AS ONLINE ATTENDANCE FOR YOUR STUDENTS





CAN BE USED AS BUSINESS CARD

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***You can also just tap or scan the membership card to your smartphone and automatically your infomation will be shown***



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# ARBITA
# OFFICIATING PANEL







## ARBITA CARD

You will received this card ones you pass your Officiating Examination (Arbita).

You must have a Membership Card and a Blackbelt Card for you to acquire this.

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# KYU CERTIFICATE



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## KYU CERTIFICATE































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# KYU CERTIFICATE





















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# KYU CERTIFICATE








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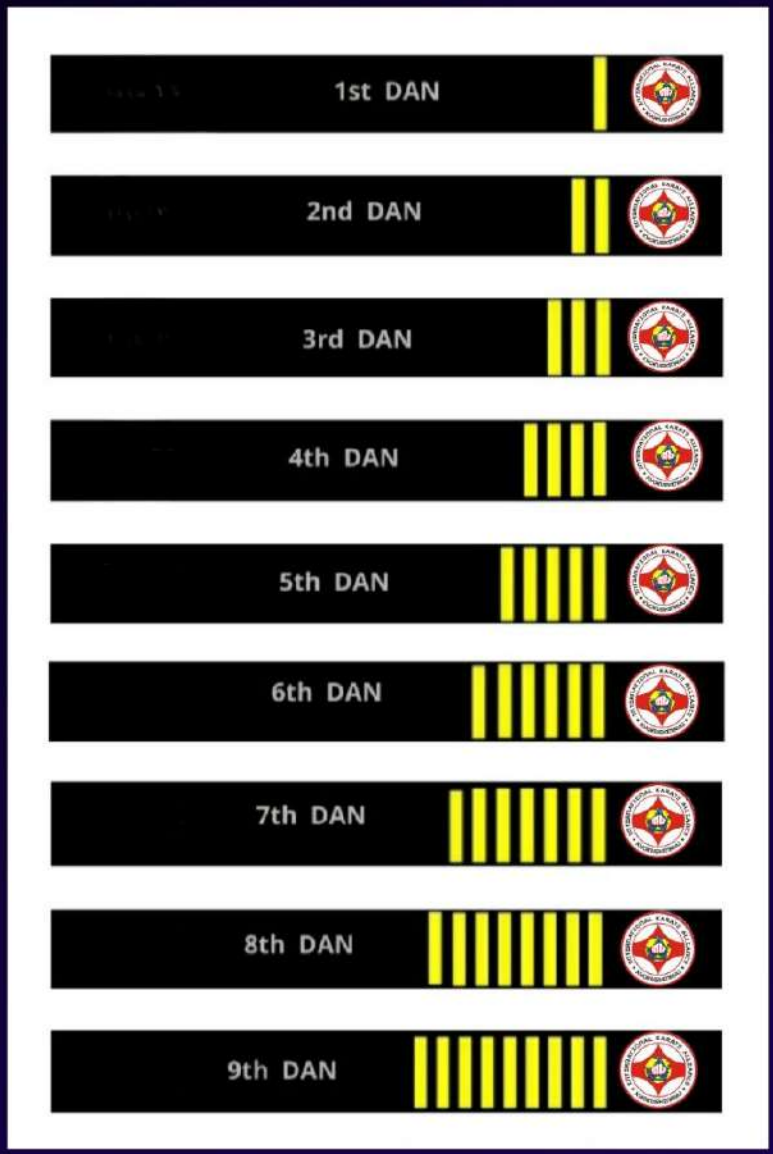
# BLACKBELT CARDS



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# DAN BELTS



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# WHAT IS KYOKUSHINRYU



## KYOKU

THE 'U" SOUND AFTER THE "KYOK" IS THE TYPICALLY SILENT. THIS CHARACTER MEANS "ULTIMATE" OR "EXTREME"



## SHIN

THIS CHARACTER MEANS "TRUTH" OR REALITY. IT SYMBOLIZE SINCERITY, HONESTY AND AUTHENTICITY.



## RYU

THIS CHARACTER MEANS "STYLE" OR "SCHOOL" IT REFERS TO A SPECIFIC LINEAGE OR TRADITION OF MARTIAL ARTS

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# OSU

**O-S-U (silent letter U)**

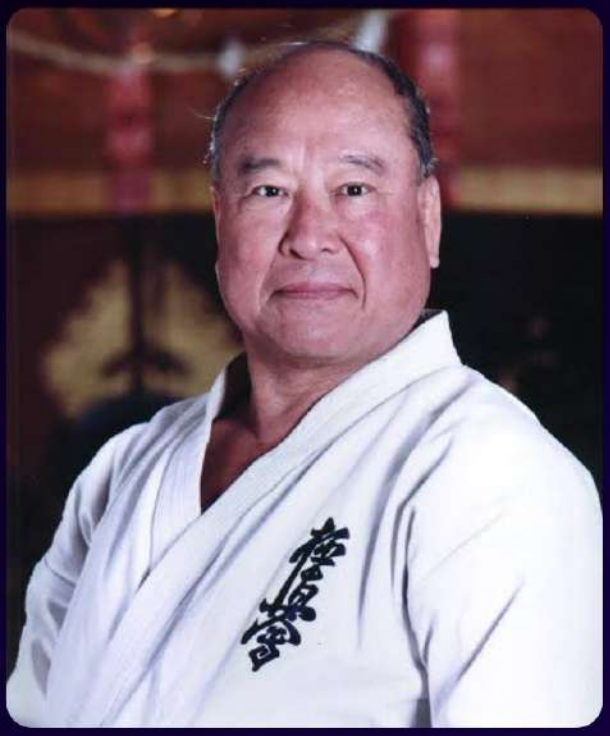
*Osu serves as a form of greeting and acknowledgment between karate practitioners. It expresses respect, humility, and readiness for training or competition.*

by*saying Osu, practitioners convey their commitment to the martial art and their dedication to self-improvement1.*

## KEEP PRESSING FORWARD

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Masutatsu Ōyama (大山 倍達, Ōyama Masutatsu, July 27, 1923 – April 26, 1994), more commonly known as Mas Oyama Founder of Kyokushin Karate,

Kyokushin Kai, also called "full contact karate" or "Knockdown karate," was founded by Sosai Masutatsu Oyama in 1957.

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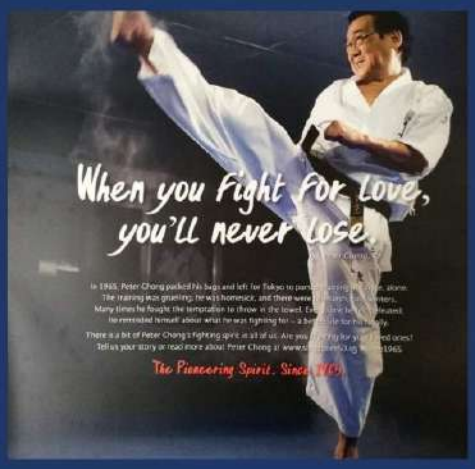
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# RYUSO PETER CHONG

## FOUNDER OF KYOKUSHINRYU

A 9th Dan Kyokushin Karate master, has left an indelible mark on the world of martial arts.










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## KANCHO JACKIE CHONG

### KANCHO OF KYOKUSHINRYU

Kancho Jackie Chong, a Kyokushin Karate master, has made significant contributions to the world of martial arts













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# Jodan-Ku was created by Ryuso Peter Chong

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## DISCOVER THE PROFOUND TEACHINGS OF KYOKUSHINRYU.













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BEYOND MASTERING TECHNIQUES AND THE PHYSICAL ASPECTS OF KYOKUSHIN KARATE, KYOKUSHINRYU SERVES AS A MORAL CLASSROOM, NURTURING VALUES AND CHARACTER TRAITS ESSENTIAL FOR LIFELONG GROWTH.

LET KYOKUSHINRYU ELEVATE YOUR SPIRITS AND CONFIDENCE, GUIDING YOU TOWARDS BECOMING THE BEST VERSION OF YOURSELF.

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# LEADERSHIP

## BRANCH CHIEF











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# THE ROLE OF AN IKAK BRANCH CHIEF CARRIES SEVERAL ADVANTAGES AND RESPONSIBILITIES

**Leadership and Influence:**
**As a Branch Chief, you hold a position of authority and influence within the organization.**

**Your decisions impact the growth, development, and direction of KyokushinRyu in your region.**

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BRANCH CHIEFS OFTEN ORGANIZE EVENTS, SEMINARS, AND TOURNAMENTS, BRINGING PRACTITIONERS TOGETHER.





YOU HAVE THE OPPORTUNITY TO FOSTER A STRONG COMMUNITY OF MARTIAL ARTISTS.



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## NETWORK AND COLLABORATION

BRANCH CHIEFS COLLABORATE WITH OTHER LEADERS GLOBALLY. THIS NETWORK FACILITATES KNOWLEDGE EXCHANGE, CROSS-TRAINING, AND MUTUAL SUPPORT.

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BEING AN IKAK BRANCH CHIEF IS BOTH AN HONOR AND A RESPONSIBILITY. YOUR DEDICATION IMPACTS THE LIVES OF COUNTLESS PRACTITIONERS, AND YOUR COMMITMENT ENSURES THE ART'S VITALITY.

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# KYOKUSHINRYU ALSO HAVE UCHIDESHI PROGRAM

IN THIS PROGRAM, THE TRAINING WILL LAST FROM SIX MONTHS TO ONE YEAR. THE TRAINING WILL BE LED BY SHIHAN STEVEN AND OTHER RESPECTED SHIHANS AND KANCHO

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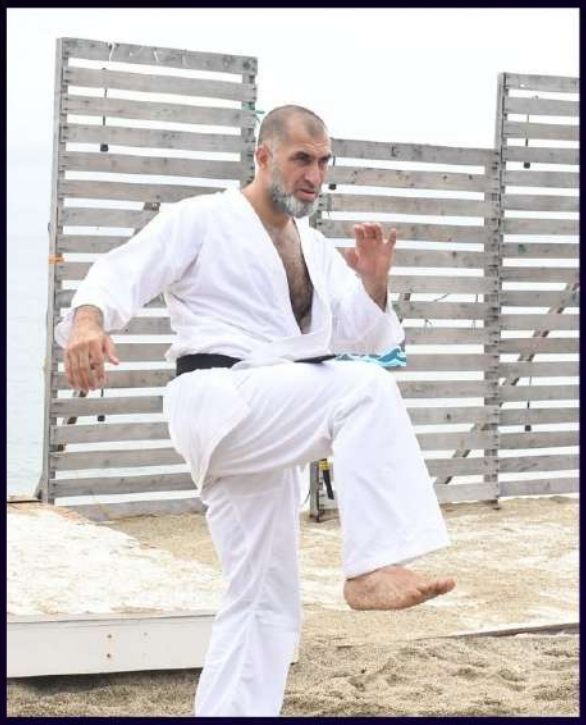








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GUEST INSTRUCTOR

## SHIHAN LECHI KURBANOV

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# KYOKUSHINRYU ALSO OFFERS

- HANBŌ
- KICK BOXING
- KARAMBIT

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# KARAMBIT











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# ARNIS









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# TRAIN WITH US

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# FIND YOUR DOJO

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# KYOKUSHIN DOJO OATH

WE WILL TRAIN OUR HEARTS AND BODIES,
FOR A FIRM UNSHAKEN SPIRIT.
WE WILL PURSUE THE TRUE MEANING OF
THE MARTIAL WAY, SO THAT IN TIME OUR
SENSES MAY BE ALERT.

WITH TRUE VIGOR, WE WILL SEEK TO
CULTIVATE A SPIRIT OF SELF-DENIAL.
WE WILL OBSERVE THE RULES OF
COURTESY, RESPECT OUR SUPERIORS, AND
REFRAIN FROM VIOLENCE.

WE WILL FOLLOW OUR RELIGIOUS
PRINCIPLES, AND NEVER FORGET THE TRUE
VIRTUE OF HUMILITY.

WE WILL LOOK UPWARDS TO WISDOM AND
STRENGTH, NOT SEEKING OTHER DESIRES.
ALL OUR LIVES, THROUGH THE DISCIPLINE
OF KARATE, WE WILL SEEK TO FULFILL THE
TRUE MEANING OF THE KYOKUSHIN WAY.

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# DOJO KUN

一、吾々は心身を錬磨し
確固不抜の心技を極めること

一、吾々は武の神髄を極め
機に発し感に敏なること

一、吾々は質実剛健を以て
克己の精神を涵養すること

一、吾々は礼節を重んじ長上を敬し
粗暴の振舞ひを慎むこと

一、吾々は神仏を尊び
謙譲の美徳を忘れざること

一、吾々は智性と体力とを向上させ
事に臨んで過たざること

一、吾々は生涯の修行を空手の道に通じ
極真の道を全うすること

KUN = JAPANESE VERSION

OATH = ENGLISH VERSION

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# ENTERING DOJO

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# MANNERS FOR ENTERING THE DOJO

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# SHINZEN
# シンゼン

*House of Sosai*

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*When you enter the dojo, the first thing you should do is greet Sosai Oyama. Sosai Oyama is watching us from inside Shinzen.*





*bow twice, clap (your hands) also twice (this time your left hand is above your right hand) and bow once again. Finally, Kyokushin makes a cross (Osu) on Shinzen.*





*Cleaning the altar is required on every 1st and 15th of the month. Changing the 'rice', 'sake', 'salt' and 'water' is an expected event, to offer and respect in front of the SHINZEN*

*All dojo students are required to bow (or greet) before the SHINZEN (shrine). Dojo students or dojo operators*

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# WHITE BELT



KYOKUSHIN FIGHT ACADEMY

ONE KYOKUSHIN

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# TACHIKATA

# タチカタ




KYOKUSHIN FIGHT ACADEMY

ONE KYOKUSHIN

## HEISOKU DACHI
## ヘイソクダチ





- Bring the toes and heels together
- Do not bend the knees (Stands Naturally)



## MUSUBI DACHI
## ムスビダチ



Heels together, toes open at about 45 degrees.



# HEIKO DACHI

## ヘイコウダチ

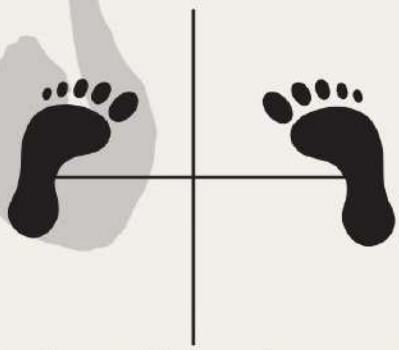


- Place the feet parallel to each other
- The Distance of the left feet and right feet is one foot
- Maintain the center of gravity in the middle of both feet to preventing learning to one side



# UCHIHACHIJI DACHI

## ウチハチジダチ



Heels together, toes open at about 45 degrees.



# SANCHIN DACHI

## サンチンダチ



- Place the front foot's heel
- on the line of the foot's toes
- Turn the front toes inwardslightly

bend the knees inward

- Tighten the buttocks
- Naturally lower hips



# KUMITE DACHI

## クミテダチ

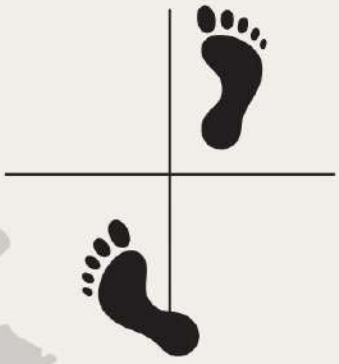


Kumite Dachi is a fighting stance used in Kyokushin Karate. It is a basic stance where the left foot is placed forward and the right foot is placed backward. Both legs are slightly bent at the knees, and the body is squared forward unless a half-turn han-mi is applied

# ZENKUTSU DACHI

ゼンクツダチ



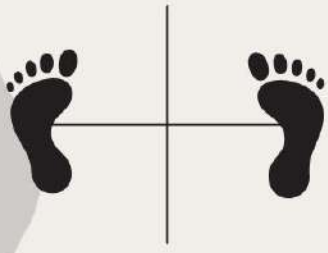


**Fully extend the back knee**
**The center of gravity is slightly forward.**
**Just ahead of the center**
**Bend the front knee firmly**

# KIBA DACHI

キバダチ





**Feet are parallel and wide, weight is central and low, with the back straight and the knees and feet pointing slightly inwards**

# TSURUASHI DACHI

## ツルアシダチ





**Tthe stance on one leg, where the other leg is raised and bent so that its foot touches the knee of the base leg.**

UKE





# JODAN UKE

## ジョダン ウケ

Jodan Uke is a karate technique that means high-level block or upper block. It is a block that uses the forearm to deflect or stop an incoming attack to the head or upper body. It can be performed with either an open hand or a closed fist, depending on the style of karate.

# CHUDAN SOTO UKE

## チュダン ソト ウケ

Chudan Soto Uke is a karate technique that means middle-level block to the inside. It is a block that uses the forearm to deflect or stop an incoming attack to the middle section of the body, such as a punch or a kick. It can be performed with either an open hand or a closed fist, depending on the style of karate.



# CHUDAN UCHI UKE
## チュウダン ウチ ウケ



Chudan Uchi Uke is a fundamental karate block technique commonly practiced in Kyokushin Ryu.

A defense technique with the forearm for the middle part of the body

# GEDAN BARAI
## ゲダン バライ



Gedan Barai is a karate technique that means lower-level sweeping block. It is a block that uses the forearm to deflect or stop an incoming attack to the lower part of the body, such as a kick or a punch. It can be performed with either an open hand or a closed fist, depending on the style of karate.

# UCHI UKE GEDAN BARAI

## ウチウケ ゲダン バライ



**Uchi Uke Gedan Barai is a combination of two karate techniques: Uchi Uke and Gedan Barai. Uchi Uke means middle-level block to the inside and Gedan Barai means lower-level sweeping block. It is a defensive movement that uses the forearms to deflect or stop an incoming attack to the middle or lower part of the body, such as a punch or a kick. It can be performed with either an open hand or a closed fist, depending on the style of karate.**

# TSUKI





## SEIKEN CHUDAN TSUKI

ツキセイケン チュダン ツキ

(MIDDLE PUNCH)

**Forefist thrust to the stomach. It is a punch delivered with the front (seiken) hand at the middle (chudan) level of the opponent's body.**



## SEIKEN JODAN TSUKI

セイケン ジョダン ツキ

(UPPER PUNCH)

**A forefist thrust to the face. It is a punch delivered with the front (seiken) hand at the upper (jodan) level of the opponent's head. It is similar to Seiken Chudan Tsuki, but aimed higher. It can be used to attack the nose, jaw, temple, or eyes of the opponent.**



## SEIKEN AGO UCHI

セイケン アゴウチ

(PUNCH TO THE CHIN)

**A forefist strike to the chin. It is a punch delivered with the front (seiken) hand to the chin (ago) of the opponent.**



## SEIKEN SHITA TSUKI

セイケン シタツキ

(UPPER CUT)

**A forefist thrust to the lower abdomen. It is a punch delivered with the front (seiken) hand to the lower (shita) part of the opponent's body. It can be used to attack the solar plexus, bladder, or groin of the opponent.**



## SEIKEN KAGI TSUKI
## セイケン カギ ツキ
### (HOOK PUNCH)

**Seiken Kagi Tsuki is a karate technique that means hook punch or roundhouse punch. It is a punch that curves around the opponent's guard, striking with the front two knuckles of the fist. It can be used to target the head, body, or ribs of the opponent.**



## SEIKEN TATE TSUKI
## セイケン タテ ツキ
### (VERTICAL PUNCH)

**Seiken Tate Tsuki is a karate technique that means vertical punch. It is a punch that is delivered with the fist in a vertical position, with the thumb facing up and the palm facing inward. It can be used to target the solar plexus, throat, or chin of the opponent.**



# HIJI AGO UCHI

ヒジ アゴ ウチ

**Hiji Ago Uchi is a karate technique that means elbow chin strike. It is a strike that uses the elbow to hit the chin of the opponent, usually from a close range. It can be used to knock out or stun the opponent, or to create an opening for another attack.**



# URAKEN GANMEN UCHI

ウラケン ガメン ウチ

**Uraken Ganmen Uchi is a back knuckle strike to the head in Kyokushin Karate 12. It is a powerful technique that is executed by striking the opponent's face with the back of the fist 1. The technique is performed by rotating the hips and shoulders, and then striking the opponent's face with the back of the fist 1.**



## URAKEN SAYUU UCHU

ウラケン サユウウチ

**Uraken Sayyu Uchi is a karate technique that means back knuckle side strike. It is a strike that uses the back of the knuckles to hit the side of the opponent's head, usually from a medium range. It can be used to target the temple, ear, or jaw of the opponent.**

(BACK FIST STRIKE TO THE SIDE/SPLEEN)



## URAKEN HIZO UCHI

ウラケン ヒゾウ ウチ

**Uraken Hizo Uchi is a karate technique that means back knuckle spleen strike. It is a strike that uses the back of the knuckles to hit the spleen area of the opponent, usually from a medium range. It can be used to cause pain, damage, or knockdown to the opponent.**

(BACK FIST STRIKE TO THE SIDE)



(KNIFE HAND STRIKE TO THE SIDE/SPLEEN)

## SHUTO HIZO UCHI

### シュトウ ヒゾウウチ

**Shuto Hizo Uchi is a karate technique that means knife hand strike to the spleen. It is a strike that uses the edge of the hand to hit the spleen area of the opponent, usually from a medium range. It can be used to cause pain, damage.**



(INSIDE KNIFE HAND STRIKE)

## SHUTO UCHI UCHI

### シュトウ ウチウチ

**Shuto Uchi Uchi is a karate technique that means knife hand inside strike. It is a strike that uses the edge of the hand to hit the inside of the opponent's arm, usually from a close range. It can be used to deflect, trap, or counter the opponent's attack.**

# URAKEN MAWASHI UCHI
# ウラケン マワシ ウチ



(Round House Back Fist Strike)

**Uraken Mawashi Uchi is a karate technique that means back knuckle roundhouse strike. It is a strike that uses the back of the knuckles to hit the opponent in a circular motion, usually from a medium range. It can be used to target the head, face, or body of the opponent.**



## SHUTO SAKOTSU UCHI
## シュト サコツ ウチ

**Shuto Sakotsu Uchi is a karate technique that means knife hand strike to the collar bone. It is a strike that uses the edge of the hand to hit the collar bone of the opponent, usually from a downward angle. It can be used to cause pain, damage, or knockdown to the opponent.**

(DESCENDING KNIFE HAND STRIKE TO COLLAR BONE)



## SHUTO SAKOTSU UCHIKOMI

## シュト サコツ ウチコミ

**Shuto Sakotsu Uchikomi is a karate technique that means knife hand strike to the collar bone. It is a strike that uses the edge of the hand to hit the collar bone of the opponent, usually from a downward angle. It can be used to cause pain, damage, or knockdown to the opponent.**

(DRIVING KNIFE HAND STRIKE TO COLLARBONE)



# MAWASHI TSUKI

## マワッシー

the practitioner aims to strike an opponent's head (such as the ear, temple, or jaw) or body (such as the ribs) from a lateral angle.



# KERI

# MAE KEAGE

## マエ ケアゲ



**The technique is performed by stepping forward with the front leg and snapping the foot upward, striking the opponent with the ball of the foot**



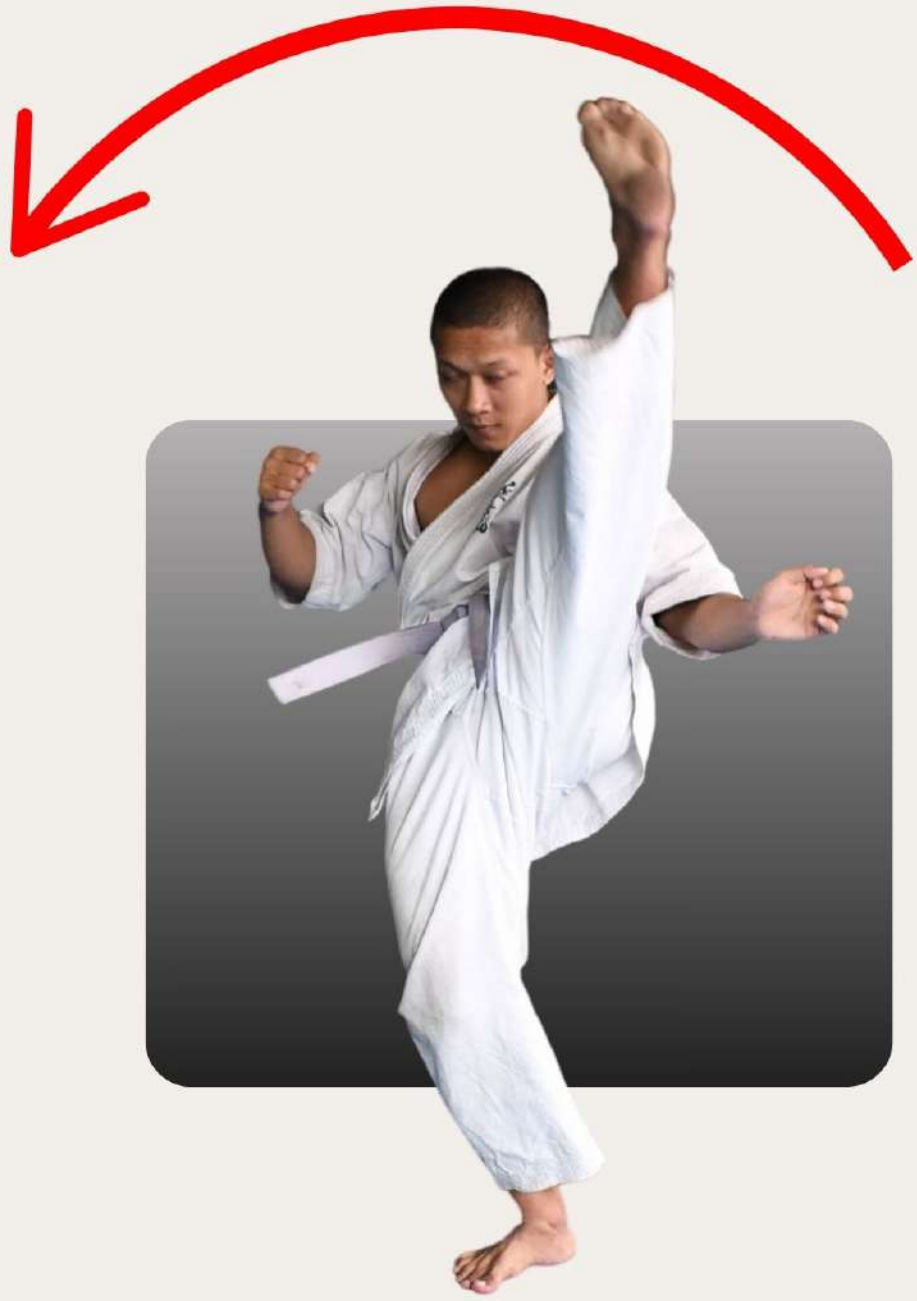
# UCHIMAWASHI

ウチマワシ

**Uchi Mawashi, a karate technique that means inside reverse kick. It is a kick that uses the ball of the foot to hit the target with a snapping motion, usually from a short range.**

# SOTOMAWASHI

## ソトマワシ



**Soto Mawashi, a karate technique that means outside reverse kick. It is a kick that uses the ball of the foot to hit the target with a snapping motion, usually from a short range. It can be used to target the groin, stomach, chest, or face of the opponent.**

# HIZA GERI



## ヒザ ゲリ

**Hiza Geri is a karate technique that means knee strike. It is a close-range attack that can target various parts of the opponent's body, such as the groin, stomach, or head. To perform Hiza Geri, the practitioner lifts the knee up and thrusts it forward, using the hip and body weight to generate power.**

# KIN GERI
キンゲリ



**Kin Geri is a karate technique that means groin kick. It is a self-defense kick that targets the opponent's genital area. It is performed like a front kick, but with the instep or the toes instead of the ball of the foot. Kin Geri can be very effective and painful, but it also requires accuracy and timing.**

# MAWASHI GERI

## マワシ ゲリ



**Mawashi Geri is a karate technique that means roundhouse kick. It is a kick that strikes the target with the foot or the shin, while spinning the body sideways. Mawashi Geri can be performed from different stances and angles, and can target various parts of the opponent's body.**



# MAE GERI

## マエゲリ

**To perform Mae Geri, the practitioner lifts the knee straight forward, while keeping the foot and shin either hanging freely or pulled to the hip, and then straightening the leg in front of the practitioner and striking the target area with either the ball of the foot, the heel, or the top of the foot**



# KANSETSU GERI

## カンセツ ゲリ

**Kansetsu Geri is a karate technique that means joint kick. It is a stomping kick or low side kick aimed at the side or back of an opponent's knee. This kick can be very effective and painful, but it also requires accuracy and timing.**



# USHIRO GERI

## ウシロ ゲリ

**Ushiro Geri is a karate technique that means back kick. It is a kick that strikes the target behind the practitioner with the heel or the sole of the foot. Ushiro Geri can be performed from different stances and angles, and can target various parts of the opponent's body, such as the head, ribs, or thigh.**

