国際空手道連盟極真流

INTERNATIONAL KARATE ALLIANCE, KYOKUSHINRYU

WHITE BELT

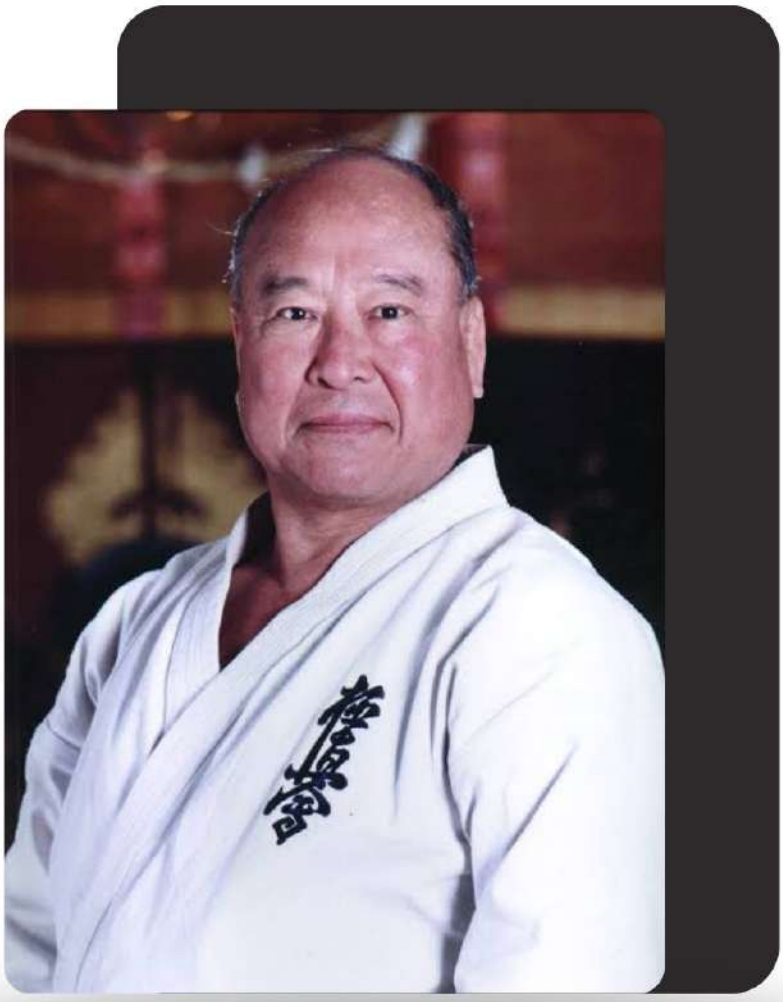


KYOKUSHIN FIGHT ACADEMY

ONE KYOKUSHIN

国際空手道連盟極真流

INTERNATIONAL KARATE ALLIANCE, KYOKUSHINRYU



SOSAI MASUTATSU OYAMA

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

WHAT IS KYOKUSHINRYU

• Greetings and Japanese etiquette are naturally acquired, and by mastering proper manners, one can discern the goodness or badness of things. This ability allows one to decisively judge what is good and what is bad, enabling them to act with confidence.

• Understanding the pain of others becomes possible.
Through sparring, one learns fundamental communication skills in interactions with others, gaining insight into one's own pain and suffering while simultaneously understanding the pain and struggles of others. Continuing rigorous yet enjoyable training naturally fosters kindness towards others and a compassionate heart to help the weak.

• Through Kyokushin Karate, both the mind and body are cultivated. Childhood is a crucial period for laying the foundation for living as a member of society. At the core of this foundation lies a "strong mind and body.

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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

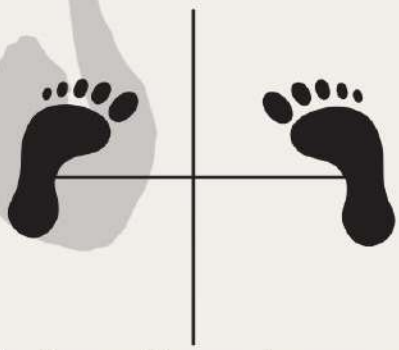


- Place the feet parallel to each other
- The Distance of the left feet and right feet is one foot
- Maintain the center of gravity in the middle of both feet to preventing learning to one side



UCHIHACHIJI DACHI

ウチハチジダチ



Heels together, toes open at about 45 degrees.



HEIKO DACHI

ヘイコウダチ

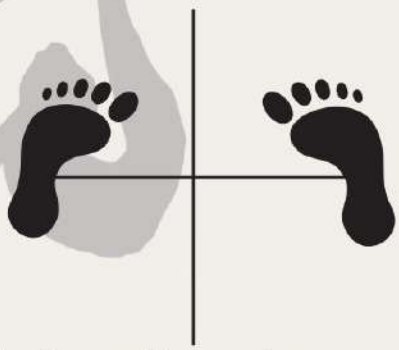


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UCHIHACHIJI DACHI

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

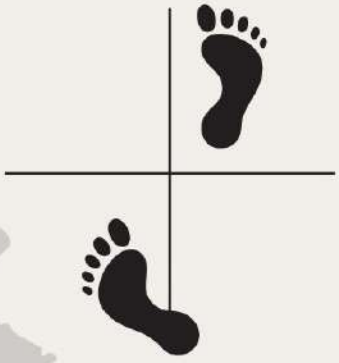
クミテダチ



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

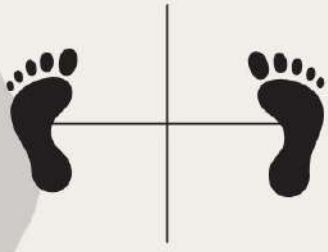




Fully extend the back knee
The center of gravity is slightly forward.
Just ahead of the center
Bend the front knee firmly

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.



(Round House Back Fist Strike)

URAKEN MAWASHI UCHI

ウラケン マワシ ウチ

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.



(Knife Hand Strile to the Temple)

URAKEN GANMEN UCHI

ウラケン ガンメンウチ

Shuto Ganmen Uchi is a knifehand strike to the head in Kyokushin Karate. It is a powerful technique that is executed by striking the opponent's face with the side of the hand. The technique is performed by rotating the hips and shoulders, and then striking the opponent's face with the side of the hand



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)



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



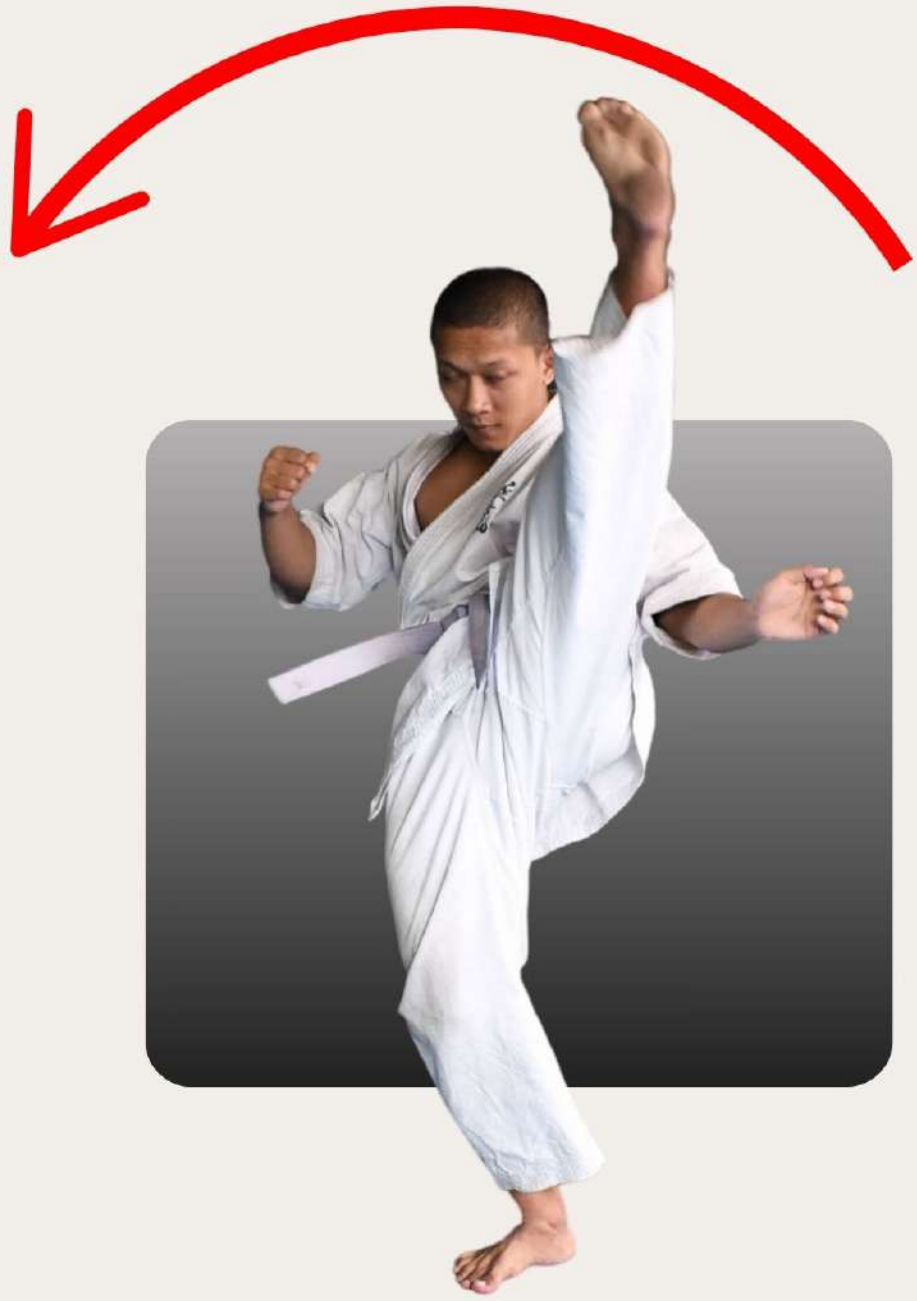
UCHIMAWASHI

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.



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