

# International Karate Organization KYOKUSHINKAIKAN

## Technical Syllabus

February, 2022

International Karate Organization

KYOKUSHINKAIKAN HONBU

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## **WHITE BELT [No Kyu]**

### A) Techniques

#### \*Kihon (Basics)

##### (1) Tachikata (Stances)

Heisoku Dachi, Musubi Dachi, Heiko Dachi, Shizen Dachi (Sotohachiji Dachi), Uchihachiji Dachi, Sanchin Dachi, Moroashi Dachi, Zenkutsu Dachi, Kiba Dachi, Tsuruashi Dachi

##### (2) Tsuki (Punches / Strikes)

Seiken Chudan Tsuki, Seiken Jodan Tsuki, Seiken Ago Uchi, Seiken Shita Tsuki, Seiken Kagi Tsuki, Hiji Uchi, Uraken Gammen Uchi, Uraken Sayu Uchi, Uraken Hizo Uchi, Uraken Mawashi Uchi, Shuto Gammen Uchi, Shuto Sakotsu Uchi, Shuto Sakotsu Uchikomi, Shuto Hizo Uchi, Shuto Uchi Uchi

##### (3) Uke (Blocks)

Jodan Uke, Chudan Soto Uke, Chudan Uchi Uke, Gedan Barai, Uchi Uke Gedan Barai

##### (4) Keri (Kicks)

Mae Keage, Uchimawashi, Sotomawashi, Hiza Geri, Kin Geri, Mae Geri, Mawashi Geri, Yoko Keage, Yoko Geri, Kansetsu Geri, Ushiro Geri

#### \* Ido (Moving Basics)

In Zenkutsu Dachi: Moving forward and backward, Turning---combined with one technique (Tsuki, Keri, Uke) eg: Zenkutsu Dachi + Seiken Oi Tsuki or Gyaku Tsuki

#### \* Kata

Taikyoku Sono Ichi & Ni, Sokugi Taikyoku Sono Ichi

### B) Conditioning

\* Flexibility: Head reaches the floor from a seated position with legs open.

\* Push-ups: 20

\* Jumping Squats: 20

\* Hand Stand: 20 seconds (supported by another person)

\* Chin-ups: 3

\* Jump (Tobi Geri): to a target the level of your own height

### C) Kumite

(1) Yakusoku Kumite: Block only against attack;

Hand block against tsuki / leg block against tsuki / hand block against keri / leg block against keri

(2) Jiyu Kumite: 30 seconds

Criterion: Reigi (Composure, attitude) / Kamae (readiness) / Kiai

### D) Written Examination

In the terminology and philosophy pertaining to this rank. Contents of which shall be provided by the IKO Honbu.

### E) Tenure (Recommended hours of training before taking promotion test)

White —> 10th Kyu: 3 Months (48 hours)

## **ORANGE BELT 10<sup>th</sup> & 9<sup>th</sup> Kyu**

Basic techniques as for white belt as well as the following:

### A) Techniques

\* Kihon (Basics)

(1) Tachikata (Stances): Kokutsu Dachi, Nekoashi Dachi

\* Ido (Moving Basics)

Kokutsu Dachi (Nekoashi Dachi): Moving forward and backward, Turning eg: Kokutsu Dachi + Chudan Uchi Uke

Repetition of same technique: eg: Zenkutsu Dachi + Seiken Oi Tsuki twice, Zenkutsu Dachi + Seiken Chudan Sanbon Tsuki

\* Kata

10th Kyu —> 9th Kyu: Taikyoku Sono San

9th Kyu —> 8th Kyu: Sokugi Taikyoku Sono Ni & San

### B) Conditioning

\* Flexibility: same criterion as for white belt, with improvement from that level.

\* Push-ups: 30

\* Jumping Squats: 30

\* Hand Stand: 30 seconds

\* Chin-ups: 5

\* Jump (Tobi Geri): Your own height + 10 cm

### C) Kumite

(1) Yakusoku Kumite: Block only against attack;

Hand block against tsuki / leg block against tsuki / hand block against keri / leg block against keri

(2) Jiyu Kumite: 30 seconds

\* Criterion: Reigi / Kamae / Kiai

### D) Written Examination

\* In the terminology and philosophy pertaining to this rank. Contents of which shall be provided by the IKO Honbu.

### E) Tenure (Recommended hours of training before taking promotion test)

10th Kyu —> 9th Kyu: 3 Months (48 hours)

9th Kyu —> 8th Kyu: 3 Months (48 hours)

## **BLUE BELT 8<sup>th</sup> & 7<sup>th</sup> Kyu**

Basic techniques as for white & orange belts as well as the following:

### A) Techniques

#### Kihon (Basics)

(1) Tachikata (Stances): Kakeashi Dachi

(2) Tsuki (Punches / Strikes) : Tettsui, Nukite, Shotei

(3) Uke (Blocks): Morote Uke, Mawashi Uke, Shuto Mawashi Uke, Sukui Uke, Kake Uke, Shotei Uke

(4) Kokyu Ho (Breathing Technique): Ibuki

#### \* Ido (Moving Basics)

Kokutsu Dachi Shuto Mawashi Uke, Enkei Gyaku Tsuki

Sanchin Dachi: Moving forward and backward, Turning --- eg: Sanchin Dachi +Seiken Chudan Gyaku

Tsuki Kiba Dachi: Moving sideways to front & back (Mae Kosa, Ushiro Kosa), Turning --- eg: Kiba

Dachi Jun Tsuki, Tettsui

Combination: (Uke and Attack) --- eg: Zenkutsu Dachi + Jodan Uke - Seiken Chudan Gyaku Tsuki

Combination (Tsuki and Keri) --- eg: Zenkutsu Dachi + Mae Geri Seiken Chudan Tsuki

#### \* Kata

8th Kyu —> 7th Kyu: Pinan Sono Ichi

7th Kyu —> 6th Kyu: Pinan Sono Ni, Sanchin

### B) Conditioning

\* Flexibility: Shoulders touch the floor in a seated position with legs open

\* Push-ups: 40

\* Jumping Squats: 40

\* Hand Stand: 40 seconds

\* Chin-ups: 8

\* Jump (Tobi Geri): Your own height + 15 cm

### C) Kumite

(1) Yakusoku Kumite: Uke Kaeshi (Block and Retaliation);

Opponent attack, Block, Retaliation using a variety of attacks, blocks & reactions. Eg: hand, hand, hand / hand, hand, leg / hand, leg, hand / leg, hand, hand / hand, leg, leg / leg, leg, hand / leg, hand, leg / leg, leg, leg

(2) Jiyu Kumite: 60 seconds

Criterion: Reigi / Kamae / Kiai / Speed / Power / Stamina (Kokyu) / Uke Kaeshi

### D) Written Examination

\*In the terminology and philosophy pertaining to this rank. Contents of which shall be provided by the IKO Honbu.

### E) Tenure (Recommended hours of training before taking promotion test)

8th Kyu —> 7th Kyu: 3 Months (48 hours)

7th Kyu —> 6th Kyu: 3 Months (48 hours)

## YELLOW BELT 6<sup>th</sup> & 5<sup>th</sup> Kyu

Basic techniques as for white through blue belts as well as the following examples:

### A) Techniques

#### \* Kihon (Basics)

##### (1) Tachikata (Stance)

Shiko Dachi, Kosa Dachi

##### (2) Tsuki (Punches / Strikes)

Koken Uchi, Haito Uchi, Morote Tsuki

##### (3) Uke (Blocks)

Koken Uke, Haito Uke, Jyuji Uke

#### \*Ido (Moving Basics)

Kaiten Ido (Spinning) --- eg: Kiba Dachi + Kaiten Tettsui

Dako Ido (45 Degree Angle) --- eg: 45 Degree Kiba Dachi + Gedan Barai

#### \* Kata

6th Kyu —> 5th Kyu: Pinan Sono San, Yantsu

5th Kyu —> 4th Kyu: Pinan Sono Yon, Tsuki no Kata

### B) Conditioning

\* Flexibility: Same as for blue belt with notable improvement.

\* Push-ups: 50

\* Jumping Squats: 50

\* Hand Stand: 50 seconds

\* Chin-ups: 10

\* Jump (Tobi Geri): Your own height + 20 cm

### C) Kumite

#### (1) Yakusoku Kumite: Uke Kaeshi (Block and Retaliation);

Opponent attack, Uke, Retaliation using a variety of attacks, blocks & reactions. Eg: hand, hand, hand / hand, hand, leg / hand, leg, hand / leg, hand, hand / hand, leg, leg / leg, leg, hand / leg, hand, leg / leg, leg, leg

#### (2) Jiyu Kumite: 60 seconds \* 3 rounds

Criterion: Reigi / Kamae / Kiai / Speed / Power / Stamina (Kokyu) / Uke Kaeshi

### D) Written Examination

\* In the terminology and philosophy pertaining to this rank. Contents of which shall be provided by the IKO Honbu.

### E) Tenure (Recommended hours of training before taking promotion test)

6th Kyu —> 5th Kyu: 3 Months (48 hours)

5th Kyu —> 4th Kyu: 3 Months (48 hours)

## **GREEN BELT 4<sup>th</sup> & 3<sup>rd</sup> Kyu**

Basic techniques as for white through Yellow Belts as well as the following:

### A) Techniques

#### \* Kihon (Basics)

##### (1) Tachikata (Stance)

Shiko Dachi, Moroashi Dachi, Kosa Dachi

##### (2) Tsuki (Punches / Strikes)

Hiji Ate

##### (3) Uke (Blocks)

Circular blocks (Uchi Uke, Gedan Barai)

#### \* Ido (Moving Basics)

Basic step work in Kumite No Kamae: Okuri Ashi, Fumi Ashi, Kosa, Oiashi (Sagari)

#### \* Kata

4th Kyu —> 3rd Kyu: Pinan Sono Go, Gekisai Sono Ichi

3rd Kyu —> 2nd Kyu: Gekisai Sono Ni, Tekki Sono Ichi, Taiyoku Sono Ichi Ura, Ni Ura & San Ura

### B) Conditioning

\* Flexibility: Chest touches the floor in a seated position with legs open. \* Push-ups: 60

\* Jumping Squats: 60

\* Hand Stand: 60 seconds

\* Chin-ups: 12

\* Jump (Tobi Geri): Your own height + 30 cm

### C) Kumite

(1) Yakusoku Kumite: Uke and Uke Kaeshi combination in Kumite No Kamae, Step work

(2) Jiyu Kumite: 60 seconds \* 5 rounds

Criterion: Reigi / Kamae / Kiai / Speed / Power / Stamina (Kokyu) / Uke Kaeshi / Rhythm /

Combination (Balance between hand techniques and kicks) / Step work

### D) Written Examination

\* In the terminology and philosophy pertaining to this rank. Contents of which shall be provided by the IKO Honbu.

### E) Tenure (Recommended hours of training before taking promotion test)

4th Kyu —> 3rd Kyu: 6 Months (96 hours)

3rd Kyu —> 2nd Kyu: 6 Months (96 hours)

## **BROWN BELT 2<sup>nd</sup> & 1<sup>st</sup> Kyu**

Basic techniques and terminology as for white through green belts as well as the following:

### A) Techniques

\* Ido (Moving Basics)

Kumite No Kamae Step work moving in various angles

\* Kata

2nd Kyu —> 1st Kyu: Gekisai Sono San, Tekki Sono Ni

1st Kyu —> 1st Dan: Pinan Sono Ichi - Go 'Ura', Saifa

### B) Conditioning

\* Flexibility: Chest touches the floor in a seated position with legs open. \* Push-ups: 100

\* Jumping Squats: 100

\* Hand stand: 90 seconds

\* Chi- ups: 15

\* Jump (Tobi Geri): Your own height + 30 cm (Tobi Ushiro Geri or Tobi Ushiro Mawashi Geri, right & left)

### C) Kumite

(1) Yakusoku Kumite: Uke and Uke Kaeshi Combination in Kumite No Kamae, Step work

(2) Jiyu Kumite: 60 seconds \* 10 rounds

Criterion: Reigi / Kamae / Kiai / Speed / Power / Stamina (Kokyu) / Uke Kaeshi / Rhythm / Combination (Balance between hand technique and kicks) / Stepwork

### D) Tameshi Wari

More than the IKO Tournament Rule Standard

### E) Goshin Jitsu (Self-Defense): Basic Movements

### F) Written Examination

\* In the terminology and philosophy pertaining to this rank. Contents of which shall be provided by the IKO Honbu.

### G) Tenure (Recommended hours of training before taking promotion test)

2nd Kyu —> 1st Kyu: 6 Months (96 hours)

1st Kyu —> 1st Dan: 6 Months (96 hours)

# IKO Kyokushinkaikan

## Basic Requirements and Tenure before Promotion -Color Belts-

The following guidelines suggest a minimum of training required before attempting promotion to next level. "Three Months" suggests consistent weekly study of approximately 4 hours a week.

| Belt Color | Kyu               | Tenure          | Kata                                    |
|------------|-------------------|-----------------|-----------------------------------------|
| White      | n/a               | 3 mos. (48 hrs) | Taikyoku 1,2,<br>Sokugi Taikyoku 1      |
| Orange     | 10th Kyu—>9th Kyu | 3 mos. (48 hrs) | Taikyoku 3                              |
|            | 9th Kyu—>8th Kyu  | 3 mos. (48 hrs) | Sokugi Taikyoku 2,3                     |
| Blue       | 8th Kyu—>7th Kyu  | 3 mos. (48 hrs) | Pinan 1                                 |
|            | 7th Kyu—>6th Kyu  | 3 mos. (48 hrs) | Pinan 2, Sanchin                        |
| Yellow     | 6th Kyu—>5th Kyu  | 3 mos. (48 hrs) | Pinan 3, Yantsu                         |
|            | 5th Kyu—>4th Kyu  | 3 mos. (48 hrs) | Pinan 4, Tsuki no Kata                  |
| Green      | 4th Kyu—>3rd Kyu  | 6 mos. (96 hrs) | Pinan 5, Gekisai 1                      |
|            | 3rd Kyu—>2nd Kyu  | 6 mos. (96 hrs) | Gekisai 2, Tekki 1,<br>Taikyoku Ura 1~3 |
| Brown      | 2nd Kyu—>1st Kyu  | 6 mos. (96 hrs) | Gekisai 3, Tekki 2                      |
|            | 1st Kyu—>1st Dan  | 6 mos. (96 hrs) | Pinan Ura 1~5, Saifa                    |

TOTAL Tenure      Approximately 4 yrs. [Before applying for Sho Dan examination]

\*Kyu/Dan ranks obtained by YOUTHS aged twelve years old and under are considered “JUNIOR” ranks.

\* Youth must re-test for his/her equivalent “Adult” rank after he/she reaches age thirteen years old. Initial “Adult” Sho Dan (1st Dan) ranks can only be obtained at age fifteen years old over.

## **Yudansha (Black Belt) Basic Requirements & Tenure before Promotion**

-Black Belts-

For Sho Dan and above advancing to the next Dan Rank

| <b><u>Dan &amp; Title</u></b>                                                                | <b><u>Tenure</u></b> |
|----------------------------------------------------------------------------------------------|----------------------|
| <b>(1) Sho Dan (1st Dan) → Ni Dan (2nd Dan)</b><br><b>“Senpai”                  “Senpai”</b> | <b>2 yrs or more</b> |

**Requirement:**

- \*Kata: Seienchin, Garyu, Tekki Sono San, Bassai
- \*Gyakute, Self-Defense
- \*Excellent conditioning exceeding Brown Belt requirement
- \*Jiyu Kumite: 60 sec x 20 rounds
- \*Excellent Budo-ka and superior example for Kohai
- \*Attend IKO official seminars
- \*Contribution to the IKO
- \*Be a minimum of 18yrs. of age

|                                                                                              |                      |
|----------------------------------------------------------------------------------------------|----------------------|
| <b>(2) Ni Dan (2nd Dan) → San Dan (3rd Dan)</b><br><b>“Senpai”                  “Sensei”</b> | <b>3 yrs or more</b> |
|----------------------------------------------------------------------------------------------|----------------------|

**Requirement:**

- \*Kata: Seipai. Superior and current Kata proficiency.
- \*Gyakute, Self-Defense
- \*Excellent conditioning exceeding Brown Belt requirement
- \*Jiyu Kumite: 60 sec x 30 rounds
- \*Excellent Budo-ka and superior example for Kohai
- \*Attend IKO official seminars
- \*Consistent Contribution to the IKO
- \*Test before Kancho or officials appointed by Kancho
- \*Be a minimum of 21yrs. of age

|                                                                                               |                      |
|-----------------------------------------------------------------------------------------------|----------------------|
| <b>(3) San Dan (3rd Dan) → Yon Dan (4th Dan)</b><br><b>“Sensei”                  “Sensei”</b> | <b>4 yrs or more</b> |
|-----------------------------------------------------------------------------------------------|----------------------|

**Requirement:**

- \*Kata: Kanku. Superior and current Kata proficiency.
- \*Gyakute, Self-Defense
- \*Excellent conditioning exceeding Brown Belt requirement
- \*Jiyu Kumite: 60 sec x 40 rounds
- \*Recognition as a model citizen and a record of distinguished service within the IKO
- \*Attend IKO official seminars
- \*Consistent Contribution to the IKO

\*Test before Kancho or officials appointed by Kancho, and testing must be conducted at IKO Honbu in Japan or at international seminars/camps organized by IKO Honbu.

\*Be a minimum of 25yrs. of age

**(4) Yon Dan (4th Dan) → Go Dan (5th Dan)**  
**“Sensei” “Shihan”**

**5 yrs or more**

Requirement:

\*Kata: Sushiho, Tensho. Superior and current Kata proficiency.

\*Gyakute, Self-Defense: Attend an official seminar

\*Excellent conditioning exceeding Brown Belt requirement

\*Jiyu Kumite: 60 sec x 50 rounds

\*Recognition as a model citizen and a record of distinguished service within the IKO

\*Contribute significantly to the promotion of IKO

\*Attend IKO official seminars

\*IKO Senior Advisor's formal written recommendation letter for Promotion

\*Test before Kancho or officials appointed by Kancho, and testing must be conducted at IKO Honbu in Japan or at international seminars/camps organized by IKO Honbu.

\*Be a minimum of 30yrs. of age

**(5) For Promotion to Roku Dan (6<sup>th</sup> Dan) and above, “Shihan”, candidates are considered based on the following:**

Requirement:

\*These ranks are only recommended by the IKO International Committee member, and ultimately approved and appointed solely by Kancho Matsui

\*Must be an individual of remarkable quality, who is esteemed by his/her peers as a model human being and a highly regarded Kyokushin Karateka

\*Must wholeheartedly contribute to the IKO Kyokushinkaikan on many different levels towards the philosophy and goals of the IKO Kyokushinkaikan

>>The decision to award or decline a Dan grade remains the sole responsibility of the IKO Kyokushinkaikan Honbu

# **IKO Kyokushinkaikan Training Manual**

## **-Dojo Etiquette-**

"The Martial Way begins and ends with courtesy." -Sosai Mas Oyama

1. Students will bow and "Osu" upon entering the school itself and the Dojo training hall. Upon entering the Dojo, students shall bow and say "Osu" towards the front of the room or "Shinzen" area, also an additional bow towards the students already in the room is appropriate.
2. Students should do their best to be on time for class, those who are late for class will bow to the front of the Dojo, say "Osu" then kneel in 'Seiza', (formal, knees down, seated position), with eyes closed, head lowered in 'Mokuso' and wait to be invited to join the class. Once being instructed to join the class, bow and say "Osu" or "Shitsurei shimasu" ("excuse me for disturbing") while still in 'Seiza'. Then join at the back of the class, being careful not to walk in front of others training, especially your seniors.
3. Students shall maintain themselves and their equipment: "Do-Gi's", (uniforms), shin pads, gloves etc. in a clean, well kept and odor free manner and encourage others to do so as well. Only clean white Do-Gi's are to be worn. Official Kyokushin logo chest patches are permitted on the left chest pocket area of the uniform. Rips or tears on the Do-Gi must be mended promptly. Consistently disheveled uniforms and equipment reflect a lackadaisical attitude towards fellow members and the Dojo.
4. Do not remove any part of your Do-Gi during training without being told to do so. Also, if you must adjust your Gi at any time during training, do so quickly and quietly while facing the rear of the room.
5. Appropriate respect will be shown to all senior ranks and elder members. All students shall stand up and say "Osu" when their senior or any Black belt enters the room.
6. Prior to addressing or greeting a senior student or instructor, students shall say "Osu" and bow accordingly and do the same upon departing. This protocol should be maintained outside of the Dojo as well, as we must always appreciate our Senpai. If a member's rank is unclear, always address as if the member is senior to yourself.
7. When the occasion marks a time to shake hands with one another, use two hands to show trust and humility and say "Osu". This applies when outside the Dojo as well and especially to senior ranks.
8. Students shall answer their Instructor's or seniors questions or instructions with a loud "Osu" and proceed with an immediate reaction to his/ her command. A slow or indifferent response is discourteous.

9. During class, students shall maintain focus on the techniques at hand and not allow their minds or eyes to wander. The utmost respect and sincere appreciation shall be given to the Instructor and fellow students at all times. Do not enter upon Kyokushin training without the seriousness it deserves.

10. At times during class, students will be permitted to "Sit and Relax", meaning relax from 'Seiza' formal position and sit in 'Anza' ("Indian" style), relaxed position. During these times, refrain from fidgeting, chatting or otherwise disturbing an ongoing class or lecture.

11. Students shall not leave class unless permission is granted. If an emergency arises and you must leave immediately, do so in a respectful manner and explain your exit to the instructor as soon as possible.

12. To prevent possible injury, students shall not wear jewelry, watches or other sharp adornments during class. Prescription eyeglasses are permitted, however, during Kumite, (Freefighting), their removal, or the use of contact lenses, is strongly recommended, as are the use of Shin Pads, Gloves, Breast and Groin Cups.

13. Traditionally, the training hall is a revered place, therefore students shall not wear hats or caps or use foul language on the school premises. Also, shoes are not permitted on the Dojo training floor. No food, gum or beverages likewise will be permitted. No eating in the Dojo. No smoking is permitted anywhere on the premises.

14. All students shall assist in the daily clean up after class. In general, students should care for their training hall as a cherished and special place.

15. Students should respect the camaraderie shared at the Dojo and not undermine the true way of Kyokushin with unsupportive, discouraging or malicious behavior nor should they bring negative feelings into Freefighting, where an atmosphere for injury could be inadvertently created.

16. All members shall refrain from idle gossip and disparaging remarks about other students, schools or styles of Martial Arts.

17. Students wishing to participate in Kyokushin tournaments and events should consult with the Sensei prior to application.

18. Students wishing to visit other Kyokushin schools shall request permission from their Sensei (Branch Chief) first. Students wishing to train at an affiliate Kyokushin school must have a valid IKO membership card and obtain a letter of recommendation from the Sensei (Branch Chief) to bring along with them. Once at the affiliate school, students will show the utmost respect, courtesy and humility to the affiliate members and instructors.

19. All students shall conduct themselves, inside and outside of the Dojo, in such a way as to not reflect poorly on the IKO Kyokushinkaikan. Most assuredly, students shall not

use the techniques studied in class to intentionally injure any person, except where their life or the lives of their loved ones are imminently in danger.

20. Students shall strive to be gentle and poised in daily life, maintain reserve, good judgment and ethical behavior in all that they pursue. Never forget the Kyokushin spirit "Keep one's head low (modest), eyes high (ambitious), reserved in speech (mind one's language) and kind in heart (treat others with respect and courtesy). Treat others with kindness; filial piety is the starting point, (serve your family well)."

"The ultimate aim of the art of 'Kyokushin' Karate lies not in victory or defeat, but in the perfection of the character of its participants."

### **-Opening Bowing Ceremony-**

1. Students will line up in a straight line according to belt rank facing the front of the room. Black belts will be in the front row. All belts will line up in descending rank order beginning at the right of the room as you face front, maintaining equal distance from the person on your right and left. Additional rows may be necessary depending on the size of the Dojo.

2. The command "Knees down" or "Seiza" shall be called by the Instructor and students shall then kneel in the formal seated position with back straight and fists tight, resting on their upper thigh. Heads shall be faced straight forward in a strong yet humble manner.

3. With the command "Shinzen Ni Rei" (lit. "bow to the Gods": typically Sosai Masutatsu Oyama's photo or altar to him, as Sosai Masutatsu Oyama has become a 'God' after his death according to Japanese Shinto tradition), students will bow and say "Osu".

4. With the command "Mokuso", (meditate), students will close their eyes and try to clear their thoughts and focus on the training they are about to do.

5. After 1 minutes, the command, "Mokuso Yame" (finish meditation), will be called and students will open their eyes.

6. With the command "Shihan Ni Rei", students will bow and say "Osu".

7. The instructor will ask you to stand up and then will begin the class.

\*\*If your Dojo has a "Taiko", Japanese drum, with which you start the class, then while the drum beat is continuing, the students should fall into position and be seated accordingly in "Seiza", which means the command to formally sit down.

## **-Closing Bowing Ceremony-**

1. Students will line up in the aforementioned manner.
2. The command to kneel will be given by the Instructor.
3. With the command "Shinzen Ni Rei", students will bow and say "Osu" to honor Sosai Masutatsu Oyama.
4. One person, either the Instructor or the highest rank student will begin to recite the seven verses of the Dojo Kun (school oath), and all students will recite each verse after him/ her.
5. The same person or the Instructor will say "Mokuso" and all students will close their eyes to meditate.
6. After 1 minutes, "Mokuso Yame" will be called and students will open their eyes.
7. The command "Kanchō Ni Rei" will be called and all students shall bow and say "Osu" to honor him. [This bow may be eliminated as redundant if the command to bow to Shihan will be also called, as "Shihan Ni Rei" refers to all Shihans, Kanchō himself included.]
8. The highest ranking student will then command the group, "Senpai Ni Arigato Gozaimashita" meaning, thank to Senpais, (seniors) and "Otagai Ni Arigato Gozaimashita" meaning thank to Otagai, (each other). Students shall respond to each command with a bow and "Arigato Gozaimashita".
9. The instructor will finish the class with "Training End" or other and ask them to stand up and everyone should stand and line up to shake hands with the Instructor (using 2 hands!), beginning with the highest ranking student first. Occasionally, Instructors will not command to kneel, but rather to stand in Musubi dachi stance for Mokuso. Also, on occasion, the Instructor might not shake hands with students but rather bow to them as they approach to thank him/her. This is up to the Instructor's discretion, though generally the initially mentioned manner is entirely appropriate.
10. Students shall all help in the clean up of the Dojo floor and training area. If the Taiko drum is used, then clean up should be concurrent with it. If a formal "Clean Up" is not called, students will nevertheless tidy up the Dojo area from any loose or scattered equipment and also maintain the locker and shower rooms with the same cleanliness and order.

## **-The Dojo Kun / "Dojo Oath"-**

Written by Sosai Masutatsu Oyama with the assistance of Eiji Yoshikawa, author of the famed novel, "Musashi", about the life and exploits of Japan's greatest fighting warrior, Miyamoto Musashi. In Japan, Sosai Masutatsu Oyama is often referred to as the Miyamoto Musashi of the twentieth century, and it was from Yoshikawa's famous novel that Sosai gained great inspiration for his secluded mountain training. The Dojo Kun follows in English and 'Romanji', that is, the 'romanization' of the Japanese alphabet, for ease of pronunciation

### **Dojo Kun (Dojo Oath)**

We will train our hearts and bodies for a firm, unshaking 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 "god", (or, "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.

### **Dojo Kun, in Japanese (Romanji)**

Hitotsu, ware ware wa, shinshin o renmashi, kak-ko fubatsu no shingi o kiwameru koto.

Hitotsu, ware ware wa, bu no shinzui o kiwame, ki ni hasshi, kan ni bin naru koto.

Hitotsu, ware ware wa, shitsujitsu goken o mot-te, jiko no seishin o kanyo suru koto.

Hitotsu, ware ware wa, reishitsu o omonji, chojo o keishi sobo no furumai o tsutsushimu koto.

Hitotsu, ware ware wa, shinbutsu o totobi, kenjo no bitoku o wasurezaru koto.

Hitotsu, ware ware wa, chisei to tairyoku to o kojo sase, koto ni nozonde ayamatazaru koto.

Hitotsu, ware ware wa, shogai no shugyo o karate no michi ni tsuji, Kyokushin no michi o mat-to suru koto

## **-Instructor's Sample Class Outline-**

The following is a sample based on Honbu's basic class for "all Students".

Classes geared for Seniors, Juniors, the physically challenged and Knockdown fighters may differ substantially from this general outline, with the exception of the standard "Shido-in", bow in and bow out ceremonies. 17171817

1. Bow in as detailed in "Bowing In Ceremony", above.

2. Begin class with warm up of body and stretch beginning at lower extremities and ending with arms. Typically ending with Mawashi uke for shoulder rotation and Ibuki with Shotei to train lungs and tighten entire body.

3. Kihon

in "Sanchin Dachi":

(1) Seiken: Chudan Tsuki, Jodan Tsuki, Ago Uchi, Shita Tsuki, Kagi Tsuki

(2) Uraken: Gammen Uchi, Sayu Uchi, Hizo Uchi, Mawashi Uchi

in "Kiba Dachi":

(3) Seiken Shita Tsuki, Hiji Uchi (Enpi)

in "Sanchin Dachi":

(4) Uke: Jodan, Chudan Uchi, Chudan Soto, Gedan Barai, Uchi Uke/Gedan Barai (5) Shuto Uchi

techniques: Gammen, Sakotsu, Sakotsu Uchikomi, Uchi Uchi, Hizo Uchi

Keri techniques:

in "Zenkutsu Dachi Keri No Kamae"

(1) Mae Keage, right first, then left leg

Keri techniques: in "Heiko Dachi" (alternating legs)

(2) Uchi Mawashi, Sotomawashi, Hiza Geri, Kin Geri, Mae Geri(Jodan), Mawashi Geri (Jodan)

Keri techniques: in Musubi Dachi

(3) Yoko Keage, Yoko Geri, Kansetsu Geri

Keri technique: in Heiko Dachi (4) Ushiro Geri

Enkei Gyaku Tsuki in Zenkutsu Dachi

\*\*Ibuki & Nogare breathing techniques followed by a brief standing Mokuso (Musubi Dachi) is advised here prior to beginning the second portion of the class.

4. Ido Geiko

Ido Geiko, moving and stepping Kihon techniques and combinations thereof difficulty dependent on student's rank in class and Instructor's preference.

eg.) White Belt:

in Zenkutsu Dachi, 3 steps forward and backward or turning

(1) Seiken: Chudan Oi Tsuki, Chudan Gyaku Tsuki

(2) Uke: Jodan Uke, Soto Uke, Uchi Uke, Gedan Barai

(3) Keri: Mae Keage, Uchi Mawashi, Soto Mawashi, Mae Geri, Mawashi Geri

in Kiba Dachi

(4) Keri: Yoko Geri, Ushiro Gari

\*\*Mokuso or other recovery period advised here, prior to beginning third portion of class.

5. Kata

Selection of Kata dependent on student's rank in class and instructor's preference.  
eg.) White Belt: Taikyoku Sono Ichi & Ni, Sokugi Taikyoku Sono Ichi

6. Yakusoku Kumite

Uke Kaeshi combination training with partners. Very light or No contact.

7. Light Sparring / Jiyu Kumite training

\*\*Note: To minimize common injuries and to allow for daily practice in Kumite, the IKO Kyokushinkaikan strongly recommends the use of shin/instep guards, gloves, groin or breast cups and mouthpieces for Sparring / Kumite training in all general student's classes.

8. Conditioning EG: Sit ups / Push ups / Squats / handstand walking / jump training Stretch EG: with partners or solo, for legs, arms and entire body

9. Bow out as detailed in "Bow Out Ceremony", above.

10. Dojo Clean up