

# The Kyokushinkai Karate



The word "**Kyokushin**" is between two Japanese words, "**Kyoku**" 極 (the last, extreme) and "**Shin**" 真 (reality or truth). The full name is **Kyokushin Kaikan**, where "**Kai**" 会 means meeting, association or union, and "**Kan**" 館 school structure as a place of training, gym.

The Doges (kimono) official used by practitioners of Kyokushinkai Kyokushin has the words embroidered on the left side of the jacket, the handwriting is called complete "**Kanji**" :

The internationally recognized symbol of Karate Kyokushinkai is the "**Kanku**", which takes origin from Kata **Kanku Dai**. Created by master **Mas Oyama**, karate kyokushin emphasizes physical power, cultivated by training a hardness out of the ordinary, and practice real fighting with bare hands, full contact, unprotected, with the only constraint of 'interdiction of shots punch to the face. The kyokushin karate is a style of full contact karate and is also called Full Contact Karate Fighting Karate or karate or contact Kenka Karate in English or in Japanese. The Kyokushin karate-ka believes that this contact is necessary to appreciate the strength of the human body, spirit, and to prepare for any serious comparison. The word "Osu" and the phrase "osu no seidhin" (perseverance under pressure) effectively summarizes the essence of the dojo kun, written by **Sosai Mas Oyama** and **Eiji Yoshikawa**. Kyokushin philosophy is also expressed in this maxim:

**"... One hundred days of training, a beginner; Ten thousand days of training, a Master."**

Made famous by spectacular displays of rupture (*tameshiwari*) performed with all parts of the body, which are part of the standard practice of the style, Kyokushin teaches the use of techniques in contact with the possibility of hitting the opponent with kicks to the legs. This style of karate is very effective in self-defense and it is accessible to any practitioner who wishes to achieve a good joint looseness and a great fit. The basic spirit of Kyokushin requires the acceptance of pain as well as a search for a spiritual deepening derived by physical effort carried to extremes. It was created International Kyokushinkai Organization (IKO) can ensure proper disclosure of style, selecting instructors annually chosen that were sent to teach in countries all over the world to meet the needs of a growing number of fans. From a modest neighborhood Japanese and a small group of followers, Master Oyama managed to create an organization that now has about 12 million members and a martial art as to be known as "The Karate stronger," not only for amazing feats of strength and endurance, but also for the stringent requirements of training and tournaments.

# Philosophy of Kyokushinkai

This is the meaning of the term "Kyokushinkai" , ie "Association of the extreme truth" , chosen by the founder, suggests that the philosophy of this robust form of combat, in appearance very similar to other styles of karate.

What makes lovers of Kyokushin fighters lethal and exceptional people, is determined by a system of extreme training direct will and determination to win steels, as an attitude towards life. The athletic skill, sometimes impressive, are only a consequence of this precious achievement, which can be condensed in the words of Mas Oyama:

*"... The limits are only those of a man who wants to impose his mind ..."*

Fight in a tournament in full contact without protection, it is the prerogative of courageous people who challenged their limits in training psychophysical discover in themselves the only true opponent, this is the supreme teaching of Kyokushinkai:

*"... Losing money is losing little. Lose confidence in yourself, you lose molto. Perdere dare is to lose everything, because you lose yourself ... "* (Mas



## Founder of The Kyokushin Karate



 Sosai Mas Oyama   
1923 — 1994

In July 12, 1923 in a village in South Korea called Qa-Ryong-Ri Yong-chi-Myo'n Chul Na Do, near Gunsan, born Sosai Oyama Masutatsu. Its original name was Young Li, but since emigrated to Japan when he was required to take a Japanese name, changed in Oyama, which means "big mountain". At age 9, after being sent to Manchuria to the farm of his sister, he began to practice martial arts, studying the discipline of Chinese Kempo South, also known as a technique of "Eighteen Hands" (style Shakuriki) under the guidance of Master Yi to reach the rank of shodan. At age 12, he returned to Korea, where a Korean martial art practice called Taiken or Chabi, a sort of mixture of Kempo, Kung Fu and Ju Jitsu.

In 1938 to 15 years Mas Oyama moved to Japan hoping to get in Yamanashi Youth Aviation Institute, an aviation school to become a pilot, but he must soon abandon his dream because of the difficult conditions of life and its origins in Korea, and is forced to find a lavoro. Prosegue but his training practicing judo and boxing, and his interest in martial arts led him to the dojo of Gichin Funakoshi at Takushoku University, where he began to study karate with dedication Okinawa (Karate Shotokan today), making rapid progress. At the age of 17 years is already 2nd dan, and at age 20 received his 4th dan. At this point more deeply interested in judo,

succeeding in less than here ttro years to reach the rank of 4th dan. The next step was the entry into the Butokukai, the Imperial Japanese Weapon training academy, specializing in guerrilla warfare, espionage and unarmed combat, where Sosai passed 2 years. When Japan was defeated at the end of World War II, Mas Oyama, like many other young Japanese, through a personal crisis, aggravated by disagreements with Funakoshi Ghishin, but manages to escape with the help of So Nei Chu, a Korean Master who had been great student of Chojun Miyagi, founder of Goju -Ryu Karate. I was known for his physical strength and his spirituality, and had a profound influence on him, teaching him the inseparability of budo and the spiritual fundamentals of Buddhism.

After a couple of years of training, Master So advised Mas Oyama to dedicate his life to the Martial Arts and retreat in the mountains to train his mind and his body, until you reach the "Martial Way." at 23 years old, Mas Oyama met Eiji Yoshikawa, the author of the novel "Musashi" (a book to read for those who practice martial arts), who has dedicated his life to the search of the most famous Samurai of Japan. Both the novel that the author Mas Oyama help to understand the meaning of Bushido (Samurai code). In that year, Oyama went to the Master Minobu, in Chiba Prefecture, where Musashi developed his own style of sword fighting: the Nito-Ryu. Thus in 1946 to train the Oyama, to a remote location on Mount Kiyosumi in Chiba Prefecture. Accompanying him was one of his students, Yashiro and a friend Mr. Kayama, who provided the food supplies. Just when through a vigorous workout Mas Oyama has managed to overcome the problem of mental stress caused by loneliness, Yashiro yields and 6 months after leaving the master. Oyama planned to stay in the mountains for three years, but the flight of the pupil is a blow, which makes it almost give up the enterprise. Only So Nei Chu, who urges him should shave off his eyebrows to masquerade homesickness (Sosai would never did see him that way!), Manages to convince him to stay and set out to become the karateka stronger than Japan. But after only 14 months he has to give to the company, because Kayama can not sponsor it for reasons of force majeure. A few months later, in 1947, Mas Oyama tests his training by participating and winning the section of the First Karate Tournament National Martial Arts in Kyoto, a tournament with no holds barred. So can overcome despair for not having completed the three years of solitude. During a brawl in a nightclub in Tokyo, Oyama kills his opponent and was arrested, tried and acquitted for "self-defense".He then decided to dedicate his life completely to the Way of Karate. So again, this time on the mountain Kiyozumi, simp

king in Chiba Prefecture. This place was chosen for the development of spiritual progression, but also physically do not mess around: 12 hours of training per day, with no rest days, standing under frozen waterfalls, breaking river stones with his hands, using trees as makiwara, jumping over plants hundreds of times a day. All this alternates to the study of the ancient classics on the Martial Arts Zen, and philosophy. After 18 months Sosai got full confidence in himself, and able to take control of his life. In 1950 he began his famous battles with bulls, in part to put to the test his strength and partly to show the world the power of his karate. His power is evident: he fought 52 bulls, killing 3 on the first shot and breaking the horns of only 49 of them with shots to the side with your hand.



With this you do not want to just say that it was easy for him. Oyama liked to recall the result of his first attempt at an angry bull. In 1957 in Mexico, at age 34, he was nearly killed by a bull who stabbed in the back, even if, in some way, Oyama managed to pull it if and broke the horns. He had to stay in bed for about 6 months due to the severity of their injuries. Today, of course, some group of animal rights activists might have something to say about these demonstrations, despite these animals were, however, intended to macello. Nel 1952, he moved to the United States for a year, demonstrating his karate live and on television national. In subsequent years, he received many challenges from boxers, Thai-boxers, wrestlers, dominating all, winning against 270 different opponents. The majority of these were defeated with one punch fight never lasted more than three minutes, in some cases only a few seconds. His fighting principle was simple: "if he got through to you ... that's it. If it hits you, you broke. If you blocked a rib punch, your arm was broken or dislocated. Unless the blocks , your rib was broken. " He became known as "The Hand of God," "The strongest man on earth", a living manifestation of the greatest warrior Japanese Ichi Geki, Hissatsu or even "A stroke, certain death". For him, that was the true purpose of Karate. Excessive footwork and complex techniques were secondary, although it was also known for the power of his head kicks.



It 'during one of his visits to the United States that Mas Oyama met Jacques Sandulescu, a giant (190 cm. And 190 kg of muscle) Romanian who at one time had been taken prisoner by the Russian at the age of 16 years and sent to work in the coal mines for two years. The two become friends and will remain so for the duration of the life of Oyama. Jacques is still a prominent element of the IKO (1). In 1953, Mas Oyama opened his first "Dojo" in Mejiro, Tokyo. In 1956, the first real Dojo was opened in a studio behind Rikkyo University, 500 from the current Honbu Dojo (headquarters). In 1957 there were already 700 members, despite the high number of defections because of hard training (at that time the power of his karate was one of its highest levels and thus the training was very strict).

Many of his students were members of other disciplines, arrived at his dojo interested in the jis-sen kumite (full contact fighting), and Oyama, under the guidance of Kenji Kato, choose to compare the different styles and build its own discipline through the selection of those techniques and concepts that believed to be the best and most "useful in a real fight, not limited only to karate, but by analyzing all martial arts. And so an evolution of his karate Kyokushin Karate was born. I practitioners of Mas Oyama Dojo conceive the fight very seriously, looking first and foremost as a fighting art. This is expected to hit and be hit. With few restrictions, attacking the head becomes something completely normal. taken, screenings, shots to the ribs become common. Fights are repeated until one of the combatants is not beaten. Injuries in combat become a daily thing and the dropout rate increases dramatically (over 90%). addition of do are worn -gi non-traditional, and you can wear what you want. The first "School of Oyama" outside Japan was opened in 1957 by Shinhan Bobby Lowe in Hawaii, where Oyama gave his demonstration in 1952. Shinhan On that occasion he had met and had arranged to train with him. Shinhan's father was an instructor of Kung Fu, and then Bobby was highly skilled in martial arts in China. Besides, he had experienced every discipline he had known: at age 23 he had obtained the 4th Dan in judo, 2nd Dan in Kempo and shodan in Aikido, but the demonstration of the power of Oyama had surprised him so much that he decided to go to Tokyo to train with him for over 1 year and a half. Shinhan So Bobby Lowe became the first "uchi-deshi" (student life) of Kyokushin, a tradition that would grow and later known as "Wakajishi" or "The Young Lions of Mas Oyama", according to which a small and select group of students was chosen each year because they dedicated themselves to Karate for one thousand days.

In 1961, Mas Oyama opened his own dojo in Los Angeles, the Los Angeles Dojo. In 1963, construction began on the World Headquarters, which was officially opened in 1964. On this occasion, Mas Oyama coined for her the title of Kyokushin karate or "Last Truth", to celebrate the beginning of its spread around the globe in more than 120 countries, with over 10 million members that have made it one of the largest organizations Martial Arts in the world. It goes without saying that a discipline is only as strong as they are the students who represent it. So it is the responsibility of all those who have chosen to follow Sosai, to train hard and forge an indomitable spirit, so that the reputation of power in Kyokushin Karate may be recognized by anyone for many years.



In July 1966, the IKO was founded in North America in 1968 for Europe, in August of the same year for the Middle East in October and one for the South Pacific. In February 1969 he founded the IKO for South Africa, in April that the South-East Asia. In 1969 he organized the first All Japan Kyokushin Karate Tournament. In 1970, Mas Oyama held the First Conference IKO for the United States in Los Angeles.



President Tadashi Nakamura, Vice President Stephen Senne. In June 1971, the Dojo of New York became the headquarters for the United States. In 1972 is organizing the second edition of the World Championship World Union Karate Organization (WUKO) in Paris. In February 1973, Mas Oyama arrives in the United States meeting with the leaders of the various Dojo gathered for the occasion in the Dojo Don Buck. In this circumstance Oyama encourages them to send their best fighters in the 1st World Karate Tournament Open. In 1974, Mas Oyama received the degree of 9th Dan by the major responsible for the organization around the world. Stephen Senne receives the 4th Dan from Mas Oyama and Don Buck. In 1975 he held the 1st World Karate Tournament Open. In September 1989, Mas Oyama Don Buck appointment as President of IKO for the United States.

Sadly, Sosai Mas Oyama died April 19, 1994 due to lung cancer (as a non-smoker), age 70 years. It is certain that all Kyokushin groups, regardless of their ultimate alliance, will, however, maintain the standards set by the great Mas Oyama.