



国際空手道連盟極真会館 International KARATE Organisation KYOKUSHIN KAIKAN

世界総極真 WORLD SO-KYOKUSHIN



Manual



BASIC REQUIREMENTS & TENURE BEFORE PROMOTION

1. Bowing in ceremony and beginning of class with warm up of the body, stretching at lower extremities ending with arms. Typically ending with Mawashi uke for shoulder rotation and ibuki with shotei to train the lungs while tightening the whole body.

2. KIHON: In Sanchin Dachi

a) Seiken: Chudan Tsuki. Jodan Tsuki, Ago uchi, ShitaTsuki

b) Urakeni: Gammen uchi, Sayu uchi, Hizo uchi, Mawashi uchi

In Kiba Dachi

(a) Seiken Shita tsuki, Mawashi Hiji uchi, Age hiji uchi, Otoshi hiji uchi, Ushiro hiji uchi

In Sanchin Dachi

(b) Uke: Jodan, Chudan Uchi, Chudan soto, Gedan barai , Uchi uke / Gedan barai

(c) Shuto Uchi: Gammen, Sakotsu, Sakotsu uchikomi, Hizo, Uchi uchi

In Zenkutsu Dachi Keri No Kamae

(i) Mae Kiage, right leg 1st then left

In Heiko Dachi (alternating)

(ii) Uchi mawashi, Soto mawashi, Hiza geri, Kin Geri, Jodan Mae geri, Jodan mawashi geri ,Ushiro geri

In Musubi dachi

(iii) Yoko keage, Yoko geri, Kansetsu geri

•ENKEI GYAKU TSUKI

Ibuki and Nogare breathing techniques followed by a brief standing Mokuso (Musubi Dachi).

3. IDO GEIKO : Moving kihon techniques and combinations thereof , moving three steps forward and back or turning

i) Seiken: Chudan Oi tsuki, Chudan Gyaku Tsuki

ii) Uke: Jodan, Soto, Uchi, Gedan Barai

iii) Keri: Mae Keage, Uchi mawashi, Soto mawashi, Mae Geri, Mawashi geri

iv) In Kiba Dachi: Yoko geri, Ushiro geri

Ibuki and Nogare breathing techniques followed by a brief standing Mokuso (Musubi Dachi).

4. KATA

5. Yakusoku Kumite

6. Light Sparring / Jiyu Kumite

7. Conditioning: Sit ups, Push ups, Squats, handstand walking, jump training

8. Stretching

9. Bow out ceremony

10. Dojo cleaning





BASIC REQUIREMENTS & TENURE BEFORE PROMOTION

IDO GEIKO: HANDS

•ZENKUTSU DACHI:

Jodan Tsuki, Chudan Tsuki, Sanbon
Tsuki Jodan / Chudan nihon tsuki
Jodan / Chudan nihon gyaku tsuki
(same hand) Yon uke, gyaku tsuki

Jodan Uke / Hiji Ate, Soto Uke / Uraken Uchi,
Uchi Uke / Shotei Uchi, Gedan Barai / Ago Tsuki

•KIBA DACHI:

Jun Tsuki
Jun Tsuki: step across (step front; step
back) Jun Tsuki: Ura

Jun Tsuki: combination of above

•SANCHIN DACHI:

Gyaku Tsuki, Uchi Uke, Uraken Shomeni Uchi, Mawashi Hiji Ate, Tetsui

•KIBA DACHI YON JU GO:

Mawashi Hiji Ate, Urakeni Uchi, Gedan Barai, Gyaku Tsuki

•KOKUTSU DACHI:

Mae Geri (Front Leg), Mawashi Shuto uke, Morote Tsuki

•VARIOUS STANCES:

Jodan Uke (Zenkutsu Dachi), Soto Uke (Kokutsu Dachi), Gedan Barai (Kiba
Dachi), Uchi Uke (Zenkutsu Dachi)

•Ura: ZENKUTSU DACHI

Jodan tsuki, Chudan tsuki, Sanbon tsuki, Chudan Gyaku tsuki, Yon uke gyaku tsuki

KIBA DACHI YON JU GO:

Mawashi Hiji Ate, Urakeni Uchi, Gedan Barai, Gyaku Tsuki



BASIC REQUIREMENTS & TENURE BEFORE PROMOTION

IDO GEIKO: LEGS

•ZENKUTSU DACHI:

Uchi mawashi keage, Soto mawashi keage, Mae keage Hiza geri, Mae geri, Mawashi geri
Soto mawashi keage, Yoko geri Uchi mawashi keage, Mawashi geri
Mae geri, Mawashi geri, Yoko geri (step through after each kick) Mae geri, Mawashi geri, Yoko geri (same leg)

•KIBA DACHI:

Yoko geri (step front, step back) Yoko geri, Ushiro geri
(Step forward)

•URA (ZENKUTSU DACHI):

Mae geri, Mawashi geri

•YAKUSOKU KUMITE (ZENKUTSU DACHI)

SANBON:

Jodan Tsuki – Jodan uke, Chudan Tsuki-Soto uke, Gedan Tsuki-Gedan Barai Jodan Tsuki – Shuto Jodan uke & mawashi geri
Chudan Tsuki- Soto Mawashi keage & Yoko geri Chudan Tsuki – Uchi Mawashi keage & Mawashi geri Gedan Mawashi geri – Sune uke & Mawashi geri

•GOHON GERI

•REN RAKU



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BASIC REQUIREMENTS & TENURE BEFORE PROMOTION

BELT COLOUR	LEVEL	TENURE	KATA
WHITE	11 TH KYU	6 MONTHS	Taikyoku 1 - 2 & Sokugi Taikyoku 1 - 2
ORANGE	10 TH KYU	6 MONTHS	Taikyoku 3; Sokugi Taikyoku 3 & Pinan Sono Ichi ~ <i>Kumite: 60 Seconds by 10 Rounds</i>
	9 TH KYU	6 MONTHS	Pinan Sono Ni ~ <i>Kumite: 60 Seconds by 10 Rounds</i>
BLUE	8 TH KYU	6 MONTHS	Sanchin ~ <i>Kumite: 60 Seconds by 10 Rounds</i>
	7 TH KYU	6 MONTHS	Pinan Sono San ~ <i>Kumite: 60 Seconds by 10 Rounds</i>
YELLOW	6 TH KYU	6 MONTHS	Tsuki no kata ~ <i>Kumite: 60 Seconds by 10 Rounds</i>
	5 TH KYU	6 MONTHS	Pinan Sono Yon & Yantsu ~ <i>Kumite: 60 Seconds by 10 Rounds</i>
GREEN	4 TH KYU	6 MONTHS	Pinan Sono Go ~ <i>Kumite: 60 Seconds by 10 Rounds</i>
	3 RD KYU	6 MONTHS	Geki Sai Dai ~ <i>Kumite: 60 Seconds by 10 Rounds</i>
BROWN	2 ND KYU	6 MONTHS	Saifa ~ <i>Kumite: 60 Seconds by 10 Rounds</i>
	1 ST KYU	12 MONTHS	Geki Sai Sho ~ <i>Excellent conditioning</i> ~ <i>Kumite: 60 Seconds by 10 Rounds</i>
SHODAN	1 ST DAN	24 MONTHS	Garyu & Seipai ~ <i>Excellent conditioning exceeding Brown Belt requirement</i> ~ <i>Excellent Budoka and example for kohai (Beginners)</i> ~ <i>Kumite: 60 Seconds by 20 Rounds against same and higher grades</i> ~ <i>Youths must be a minimum of 15 years of age</i>
NIDAN	2 ND DAN	36 MONTHS	Seienchin & Tensho ~ <i>Excellent conditioning exceeding Shodant requirement</i> ~ <i>Excellent Budoka and example for kohai (Beginners)</i> ~ <i>Kumite: 60 Seconds by 30 Rounds against Black Belts of different levels</i> ~ <i>Contribution to the IKO KYOKUSHIN KAIKAN: WORLD SO-KYOKUSHIN</i>
SANDAN	3 RD DAN	48 MONTHS	KATA PROFECIENCY INCLUDING KANKU ~ <i>Kumite: 60 Seconds by 40 Rounds against Black Belts of different levels</i> ~ <i>Have the IKO KYOKUSHIN KAIKAN: WORLD SO-KYOKUSHIN Senior Advisor's recommendation for promotion</i> ~ <i>Test before officials appointed INTERNATIONAL DEPARTMENT – HONBU</i>



			<i>~ Be recognized as a model citizen and have a record of distinguished service with INTERNATIONAL DEPARTMENT</i>
YONDAN	4TH DAN	60 MONTHS	<u>KATA MASTERY INCLUDING SUSHIHO</u> <i>~ Kumite: 60 Seconds by 50 Rounds against Black Belts of different levels</i> <i>~ Be evidently and strongly promoting Kyokushin Karate in your home region</i> <i>~ Attend International Camps or Seminars</i> <i>~ Have the IKO KYOKUSHIN KAIKAN: WORLD SO-KYOKUSHIN Senior Advisor's recommendation for promotion</i>
GODAN	5TH DAN	72 MONTHS	<i>~ Possess an Official Referees Certificate through an official seminar and Test</i> <i>~ Be evidently and strongly promoting Kyokushin Karate in your home region</i> <i>~ Have the IKO KYOKUSHIN KAIKAN: WORLD SO-KYOKUSHIN Senior Advisor's recommendation for promotion</i>

FULL CONTACT KNOCK-DOWN KYOKUSHIN KUMITE RULES

In a Kyokushin Tournament there are five Referees; four corner referees, and one main referee. In addition to this there is one Head Judge, who is not actively judging during the bout, however, the final decision rests with the Head Judge.

Knockdown Kumite

Knockdown fighting is a full contact fighting with no protection.

Fighting techniques which are allowed include, all hand techniques (fists, elbows, Knife hand, and others) to the body, and any leg techniques (kicks, knee strikes, shin strikes, and others) to the body (legs, face or head..).

GENERAL RULES

Each contestant must wear a clean white Karate Gi. When competing one competitor will wear his/her own belt plus an extra red belt or string, the other will only wear his/her own belt.

Finger and toe nails must be cut short, no protective clothing, bandages or guards must be worn other than a groin guard and shin/instep protector of a type approved by the contest referee. In the event of injury to a competitor, the wearing of bandages or other protective materials is at the absolute discretion of the tournament doctor and the head referee, whose decision shall be final and binding upon the competitor.

Be aware that neither the Kyokushin Organization, nor the officers of the Organization will be any way responsible for any injury or accident which may occur during the tournament. If insurance is wished, then it is upon the individual competitor to secure and make his own arrangements for the cover. This is total responsibility of the individual contestant.

TIME KEEPING

The time of a match shall be taken from when the referee signals the start of a match with the command KAMAETE - HAJIME, but the match clock is only stopped when referee command it, or when the time is up.

A red bean bag will be used to signal the finish of the contest when the time-up bell rings by throwing the bag into the fighting area at the end of each match.

Match Duration:

Preliminary rounds

1st round – 2minutes



1st Extension – 2minutes

2nd Extension – 2minutes

Weight difference – of 5kgs or more will determine the winner in Weight Division / 10Kgs or more will determine the winner in the Open Weight Division.

Final Extension – 2minutes will determine the winner.

Semi-finals and Finals:

1st round – 3minutes

1st Extension – 2minutes

2nd Extension – 2minutes

Weight difference – of 5kgs or more will determine the winner in Weight Division / 10Kgs or more will determine the winner in the Open Weight Division.

Final Extension – 2minutes will determine the winner.



CRITERIA FOR DECISION

The winner shall be determined on full point (IPPON) or at time one half point (WAZA-ARI). Two half points awarded will constitute one full point.

1, Full point win - IPPON:

With the exception of techniques which are fouls and not allowed by the contest rules, any technique that connect and instantaneously downs the opponent for longer than 3 seconds, scores a full point.

If the opponent has lost his will to fight, more than three seconds, it will be regarded as a full-point; IPPON

Two half-points (WAZA-ARI) results in a full point: IPPON

When a contestant informs the referee or judges that he is beaten as the result of techniques allowed within contest rules, his opponent shall be awarded a full point.

A serious foul by or the disqualification of a contestant will automatically give the other contestant the win in a contest.

2. Half point win - WAZA-ARI :

Where a contestant is knocked down by a technique allowed within the contestant rules and regain a standing position within 3 seconds, a half point can be awarded to his opponent. The (downed) opponent will be allowed to continue with the contest only if in opinion of the referee he is fit to do so. This will be after consultation with the doctor, at the referees discretion.

If the opponent has lost his will to fight for less than three seconds, after which he continue the fight, it will be regarded as a half point; WAZA-ARI

If the opponent has received so much damage that he loses his balance, but does not fall down, it will be regarded as a half-point, WAZA-ARI

When an opponent is downed with a technique including foot sweeps and a well focused but non-contact technique is followed through, WAZA-ARI is awarded.

3. HANTEI (Victory by Decision)

When no full-point or disqualification, the decision which is supported by at least three out of the five referees is valid.

3. Decision win - YUSEI:

When no definite IPPON or WAZA-ARI has been scored, the judges may award a win by decision on the basis of superior techniques skill and fighting spirit.

4. HANSOKU (Fouls)

Attack with the hand or elbow to the opponent's face or neck. Even a slight touch may result in HANSOKU. However, making feints to the face is allowed.

KINTEKI-GERI (Groin kick)

ZU-TSUKI (Head Thrust)

TSUKAMI (Grabbing) Whatever reason, to grab the opponent's dogi is not allowed, neither to clinch hands with each other.

KAKE (Hooking) Grabbing, hooking the opponent's neck, head, shoulders, etc

OSHI (Pushing) No pushing is allowed not with open hands, closed hands, or with the body.

Attack whilst leaning the head or body against the opponent.

KAKAEKOMI (hugging) The person that puts his arms around the other one first will be given a foul attack from the back.

Attack an opponent who is already down.

KAKENIGE (run away attack) pretend to attack whilst actually running away from the opponent . Running away by repeatedly doing JOGAI (step outside area)

Any action that maybe considered as a bad attitude towards the consent

Any other actions that the referees may be regarded as foul.

CHUI (warning) & GENTEN (Penalty)

A foul is charged with one warning "CHUI ICHI"

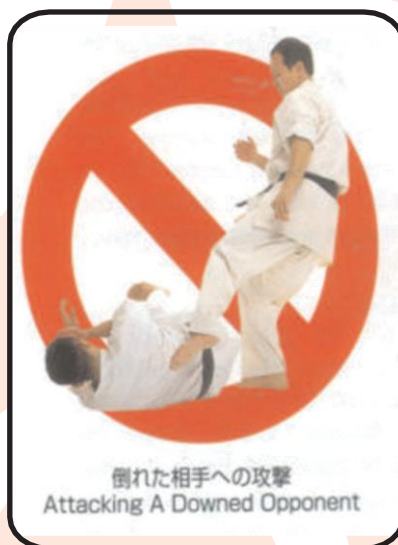
Any action that is considered as a deliberate foul, or when severe damage have occurred from a foul, a GENTEN ICHI (first penalty) may be given directly at the first time.

CHUI NI (two warnings) results in GENTEN ICHI (first penalty), and GENTEN NI (two penalties) results in SHIKKAKU (disqualification).

WARNINGS

The following matter may merit a warning at the discretion of the referee:
Frequently retreating out of the contest area or moves that waste time.
Pushing the opponent with open hand.
Persistent bad behaviour or violence.

ILLEGAL TECHNIQUES





金的への攻撃
Groin Kick



頭部を下げての攻撃
Pushing With Head And Attacking



背後から背中への攻撃
Striking The Spine From Behind

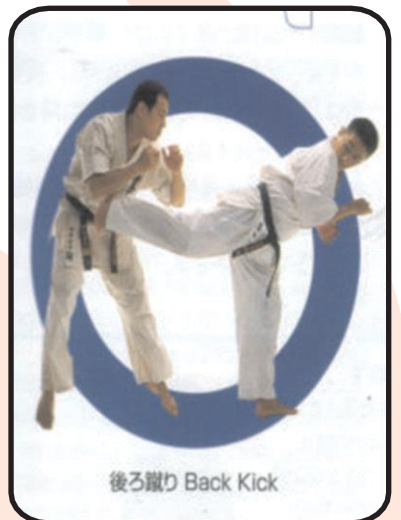
LEGAL TECHNIQUES



掌底押し
Pushing With Open Hands



踵落とし蹴り Axe Kick



後ろ蹴り Back Kick



肘打ち Elbow Strike



正拳突き Fore-Fist Thrust



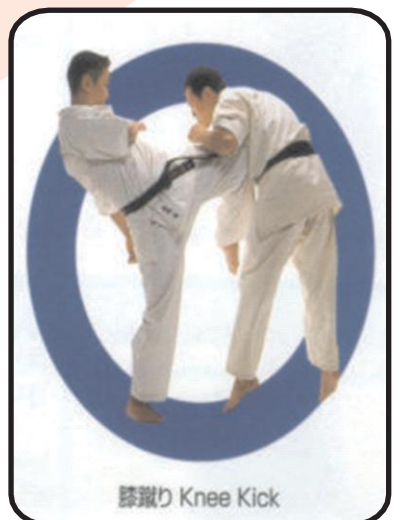
前蹴り Front Kick



上段蹴り High Roundhouse Kick



下段蹴り Low Kick

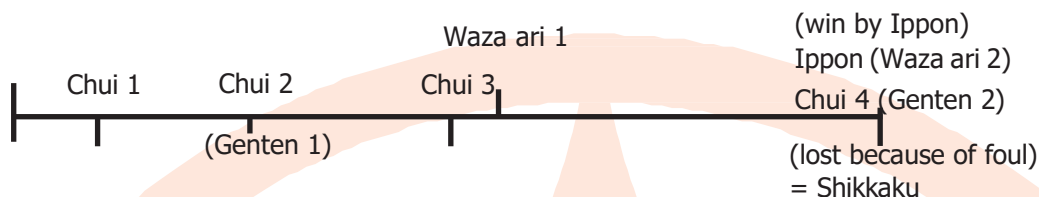


膝蹴り Knee Kick



REFEREEING STANDARD

1. Balance between "Chui" (warning), "Genten" (demerit mark), "Waza ari" (half point), and "Ippon" (full point)



2. Balance between Waza ari and Ippon.

$$0 < \text{Waza ari 1} < \text{Ippon (Waza ari 2)}$$

3. In case there is no Chui, no Waza ari, and only a small difference in level between the competitors.

- decide on damage
- if there is no damage, decide on total amount of handtechniques and legtechniques.
- if there is no difference in the total amount, decide on the most spirited competitor.
(“c”only in the last extension, if there really has to be made a decision.)

4. If there is only one Chui different, it doesn't have a big influence on the decision of the bout, the decision is based on the contents of the bout. But in case of the last extension of an evenly-matched bout, the person who receive a Chui will lose.

$$\begin{array}{ccccccc} < & < & & < & & \\ 0 & = & \text{Chui 1} & = & \text{Chui 2 (Genten 1)} & = & \text{Chui 3} < \text{Chui 4 (Genten 2)} \\ < & < & & < & & \text{(Shikkaku)} \end{array}$$

5. If there are 2 times Chui different, basically the person who received the 2 times Chui loses, but if he was having very clearly the lead in the bout, there can be given a “Hike wake” (draw).

$$\begin{array}{l} 0 \leq \text{Chui 2 (Genten 1)} \\ \text{Chui 1} \leq \text{Chui 3 (Genten 1 + Chui 1)} \end{array}$$

6. If a competitor had 3 times Chui more than his opponent, no matter how much he had the lead in the bout, he will lose.

$$0 < \text{Chui 3 (Genten 1 + Chui 1)}$$

7. If a competitor has received a Waza ari and a Chui, basically as he has a Waza ari, he should win, but depending on the contents of the bout the following has to be taken into consideration.

- $0 = \text{Waza ari + Chui 1}$
- $0 = \text{Waza ari + Chui 2 (Genten 1)}$
- $0 = \text{Waza ari + Chui 3 (Genten 1 + Chui 1)}$

Attention; basically the competitor who scored the Waza ari will win, but as he has 3 times Chui, if the opponent had the lead in the bout, a Hike Wake can be given

- $0 < \text{Waza ari + Chui 4 (Genten2)}$

Attention; even having scored a Waza ari, if received 4 times Chui, the decision is Shikkaku.

TOURNAMENT TERMINOLOGY / TAIKAI JUTSUGO

JAPANESE	ENGLISH
Aka	Red
Awasete Ippon	Adds Up to One Point
Chui	Warning
Encho	Overtime Round (extension)
Fukushin	Corner Judge (assistant referee)
Fukushin Shugo	Referees' Conference
Genten	Penalty
Hantei	Decision
Hikiwake	Draw, Tie
Ippon	One Point
Kachi (...no Kachi)	Win (...the Winner)
Kiken	Forfeit
Senshuku Taikai	Championship Tournament
Shikaku	Disqualification
Shiro	White
Shushin	Referee
Waza Ari	Half Point (has a technique)
Zokko	Resume Fighting

KAZU = NUMBERS

JAPANESE	ENGLISH
Ich	One
Ni	Two
San	Three
Shi, Yon	Four
Go	Five
Roku	Six
Shichi, Nana	Seven
Hachi	Eight
Ku	Nine
Ju	Ten



Sosai Masutatsu Oyama's teachings

The late Sosai Masutatsu Oyama founded the Kyokushinkaikan in 1964. He searched for Budo Karate resulting in the strongest, safe Full Contact System that settled in an amazing pace all round the world. When Sosai was still with us his organization was spread in 123 countries and counted 12 million members.

I served as an Uchi Deshi in the Tokyo Honbu from 1979 to 1982, and was a regular instructor till 1985. Herewith I would like to share with you some words that Sosai often spoke to us.

1. CHALLENGE

You fellows don't have fear. I used to have such a fear before my matches. But once the bout starts, the one who can forsake his life is the winner. If you cling on a steep cliff that you are climbing, and you take a rest, you are sure to fall down. So, even if things are getting hard on you, you have to climb, little by little. In order to come close to your goal of ambition, you have to push yourself full of ardour. So, never forget to make challenges.

2. AMBITION

Once a person has set an aim in life, he has to go in that direction. Regardless of personal appearances he has to become intensified. At the instant when the wishes for happiness and steadiness come into hand, the ambition takes flight. Therefore, always keep your ambitions high. For that purpose don't spare efforts and hardships during day or night.

3. DRIFT AWAY

Money is a precious thing, but do not become a slave of it. Do not do something for the purpose of money. To the bitter end, do not surpass the norm. Losing money is a small thing; losing credibility is a big thing. Losing courage is losing yourself.

4. DON'T RUN AWAY FROM HARDSHIPS

You fellow, when the going is getting tough on you, the going is getting tough on your opponent as well. So, at some point when your opponent is taking it easy, and you take it easy as well, you are getting nowhere. At that time force yourself one step forward. Whether you can make this one step forward or not makes the difference between victory and defeat. At the time when things are hard, if you try to run away from the hardship, the hardship will come after you. So, you have to counter the hardship by chasing it. If you go after the hardship, it will flee away.

5. GARYU

I like the kata Garyu, which means dragon. The reason for that is that when the dragon takes off, it flies to the heavens. Well, my fellows the dragon lives at the deep bottoms of a lake. So, it can always see the heavens. It sits still and waits patiently for the clouds to come. It waits perhaps for one year, perhaps for two years. At the instant when the clouds come, it rides on the clouds and goes back to the heavens. Well, my fellows, a chance you get only once, not two times, not three times. So, a dragon always keeps his claws polished, ready to fly and ready to ride the clouds.

6. NEVER GIVE UP

Persons who are practicing Kyokushin Karate do not think or act as ordinary people. If the way of looking at things, the way of reasoning, and the way of conduct is not completely different, one will become successful. If your feelings are the same as the ones for ordinary people; way of thinking, working, resting, unwilling to do certain chores, chose for the joyous life, you cannot do an effort. Kumite is the same: it is not enough to study your own reach, uke, techniques, you have to do research. Never become satisfied with yourself. Never give up.

7. MOTHER

Well, if you want to become a real strong person, you have to help the weak. Persons who are showing off, bluffing babblers, trying to mix in the mass are only fakes. At home, the person who needs the most help is your mother. Therefore you have to be filial to her. She is the one who gave birth to you. Also, looking back she has raised you with a lot of affection, you cannot forget your mother's love. At times of misfortune, even if your mother wasn't there, there was a motherly person for you. A person, who has a good parent-child relation, knows how to appreciate friends, he loves his native place and country, this person is able of thinking about peace on earth. So, dear fellow, grow up to be a great man, if you want to be strong, first be defeat. At the time when things are hard, if you try to run away from the hardship, the hardship will come after you. So, you have to counter the hardship by chasing it. If you go after the hardship, it will flee away.

8. KYOKUSHIN

The word Kyokushin consists out of two kanji, the meaning is 3 years for shin, the truth and 30 years for kyoku, the extreme. 3 years is not enough I said you need 10 years, so this means if you haven't trained for 30 years you do not understand the meaning of kyokushin. You have to attain the summit of physical strength, master the techniques, go to extremes in kumite. But do not forget to go to the extremes you yourself. Your life is your own thing, you are playing the leading part in it, so give it all your power, all your effort, have the experience of not turning away of whatever obstacle. That experience makes you what you are, becomes precious.

9. THE MEANING OF THE KYOKUSHIN SPIRIT

Lower your head, lift up your eyes, close your lips and open your mind, serve other people with filial piety as the starting point. Lower your head means do not be haughty. Lift up your eyes, hold high ambitions. Close your lips, do not gossip and do not become an all talk no deed person. Become a big hearted person that treats persons and matters kindly. Filial piety, as the starting point, means having gratitude and love to your parents, teachers, senpai, friends and country. Consider doing good to others as a profit. The conduct that oneself is for the sake of the people, oneself is for the sake of the world.

10. FIST

"Even now, I question myself; is this the right way to form a good fist, I often wonder". These words were spoken by Sosai Masutatsu Oyama, who passed away at the age of 70, in 1994. I think it was an instruction for me. "I have downed bulls, chopped their horns off, but is this the right way to make a fist or not. Man is not perfect. But a place to aim at perfection is the study of the Kyokushin Way". "Don't be arrogant". At the age of 70, Sosai Oyama still trained with his Uchi Deshi three times a week, he also taught the black belt and brown belt class. Sosai was lifelong the prime Budoka. I have the feeling that he was always an example for the students. "As I am training, I am getting right-hearted. Therefore I am putting on my dogi for training. Because of putting on your dogi and working out, you are respected, and called Sensei or Shihan. When you do not put on your dogi you just become an ordinary person. My fellow, don't forget that." He also told us that it is important to show one's ability to the full, until just before passing away. He also explained the "Royal Way of Champion": courage is tanden-power; tanden-power is showing one's ability to the full. It means if one cannot show one's ability to the full one will not attain full growth. "One's full ability is the origin of all things". Karate means empty hand. Not having anything in your hands, you have to use your full ability, improve your techniques, train day and night, become confident, but above all respect individuals and be courteous. That is the Japanese heart.

Regarding Kyokushin Karate Tournaments

1. FULL CONTACT TOURNAMENT

Sosai Oyama having confined himself in the mountains in the post war era, having crossed the US performing bouts and demonstrations, held always the question if the power of a karate punch or kick would down an opponent or not, if you actually do not try it, you do not know. Even more, in those days it was thought that as a matter of course that Budo Karate is held in Open Weight Divisions, even if the physical strength is different. In the days before the All Japan Tournaments were held, in the kumite training in the dojo punches to the face, groin kicks and throwing techniques were delivered.

According to the Full Contact System that Sosai Masutatsu Oyama had designed, the 1st All Japan Karate Tournament was held in 1969. People from Kyokushin, other styles, Kempo and even Boxers took part in this Open Tournament, what in those days became a real milestone. Members from other groups spread criticism that this karate killed people, that it was streetfight karate and destructive karate.

The biggest problem was how to settle the rules in details regarding the punch to the face. Sosai Oyama's considered judgment was that it was necessary to compete bare handed and in Open Weight Division. As a punch of a bare hand to the face is excessive, it is too dangerous, so there was to be done away with it.

The initial rules of the All Japan allowed till 3 seconds holding, throwing techniques and hooks to the neck. The rules were revised, our nowadays rules date back from about the 14th All Japan, when they were defined. In the meantime this All Japan Tournament has been held 38 times. At the same time that Kyokushin Karate became popular, we have come to the stage that all around in the world Full Contact Karate Tournament are held for children, women and adult men. It is no exaggeration to say that the Kyokushin Rules is one genre of competition.

2. KYOKUSHIN WORLD TOURNAMENT

6 years after the 1st All Japan Tournament was held, 1st World Tournament was held in 1975. There was a movie made of this tournament: "The World's Strongest Karate". At the same time there was a series of magazines published for youngsters: "Karate Baka Ichidai", this story being based on Sosai's experiences became an instant success. Kyokushin Karate became known around the world. You could say that Kyokushin Karate and the World Tournament developed together. As to myself, after I had seen "The World's Strongest Karate" and read the "Karate Baka Ichidai", I came to admire Kyokushin and I longed for going to Tokyo for training soon. During the mid 70ies and 80ies young people from all Japan and even from overseas gathered in the Tokyo So-Honbu for training. They wanted to become strong, they wanted to obtain a good place in the All Japan and participate in the World Tournament. Beyond doubt till the 5th World Tournament of 1991 one could say it was for Kyokushin a great era.

3. AFTER SOSAI OYAMA PASSED AWAY

In 1994, the year before the 6th World Tournament was to be held, Sosai Oyama passed away. Regretfully the Kyokushinkaikan Organisation split. But each Kyokushin group held its World Tournament, what they are doing still now. If you would start counting from the Tournaments that Sosai Oyama organized, this would become the 9th one.

4. OUTSTANDING POINTS OF THE KYOKUSHIN UNION GROUP

Compared with 4 years ago, the number of participating countries has doubled, there are more than 40 countries participating, a total of 161 entrees. Persons from all parts of the world are participating, I welcome all from the bottom of my heart. As promoter I was of the opinion it was necessary to think over one more time Sosai Oyama's advocacy regarding tournament besides the competitive side of it. There is more than just a tournament, more than winning or losing a bout, in other words I think that the tournament must hold the Budo values.

- i. Taking part in a tournament should be considered the extension of training in the dojo, it shouldn't be so that taking part in tournaments comes first.
 - ii. Through taking part in tournaments, one has to polish one's heart and techniques, you and your opponent grow up on the matt.
 - iii. Under whatever circumstances, do not forget your politeness.
 - iv. Don't forget your spirit of having appreciation to the persons who surround you.
 - v. The world of victory or defeat is very strict, if you win do not become haughty, if you lose don't expose your feeling.
 - vi. Competitors, referees and persons helping with the management of the tournament should be considered equal.
 - vii. Keep in mind that through tournaments you raise talents of that time.
- These are the words that Sosai Oyama often spoke to us. The tournaments organized under the KYokushin Union observe the same intentions.

5. THROUGH KARATE WORLD PEACE

In Sosai Oyama's ideology is the part: "Overcome the borders of race, nationality, do away with the fences of politics, religion and thought, aim at realizing peace on earth for all mankind." Certainly Sosai Oyama earnestly thought that his extreme philosophy would contribute to world peace through karate. Because of karate Sosai Oyama travelled around the world and came in contact with many people, that is just why he advocated this ideology. Moreover gathering people from all corners of the world under the banner of a full contact tournament, it is said that expressing one's respect and appreciation to one's opponent is the value of Budo. Through this interchange results a real connection, isn't it building relationship as a human relation? Do not forget the noble extreme ideology: "Peace through the Kyokushin Budo Spirit".

6. THE MEANING OF OSU

Osu means patience, respect and appreciation. In order to develop a strong body and strong spirit it is necessary to undergo rigorous training. This is very demanding because you push yourself to what you believe to be your limit and you want to stop, to give up. When you reach this point you must fight yourself and your weakness and you must win. To do this you must learn to persevere but, above all, you must learn to be patient. This is Osu.

The reason you subject yourself to hard training is because you care about yourself, and to care about yourself is to respect yourself. This self-respect evolves and expands to become respect for your instructor and fellow students. When you enter the dojo you bow and say "OSU". This means you respect your dojo and the time you spend training there. The feeling of respect is OSU.

During training you push yourself as hard as possible because you respect yourself. When you finish your practice you bow to your instructor and fellow students and say "OSU" once more. You do this out of appreciation. This feeling of appreciation is OSU.

Thus OSU is a very important word in Kyokushin Karate because it signifies patience, respect and appreciation. That is why we always use the word OSU; to remind ourselves of these indispensable qualities.