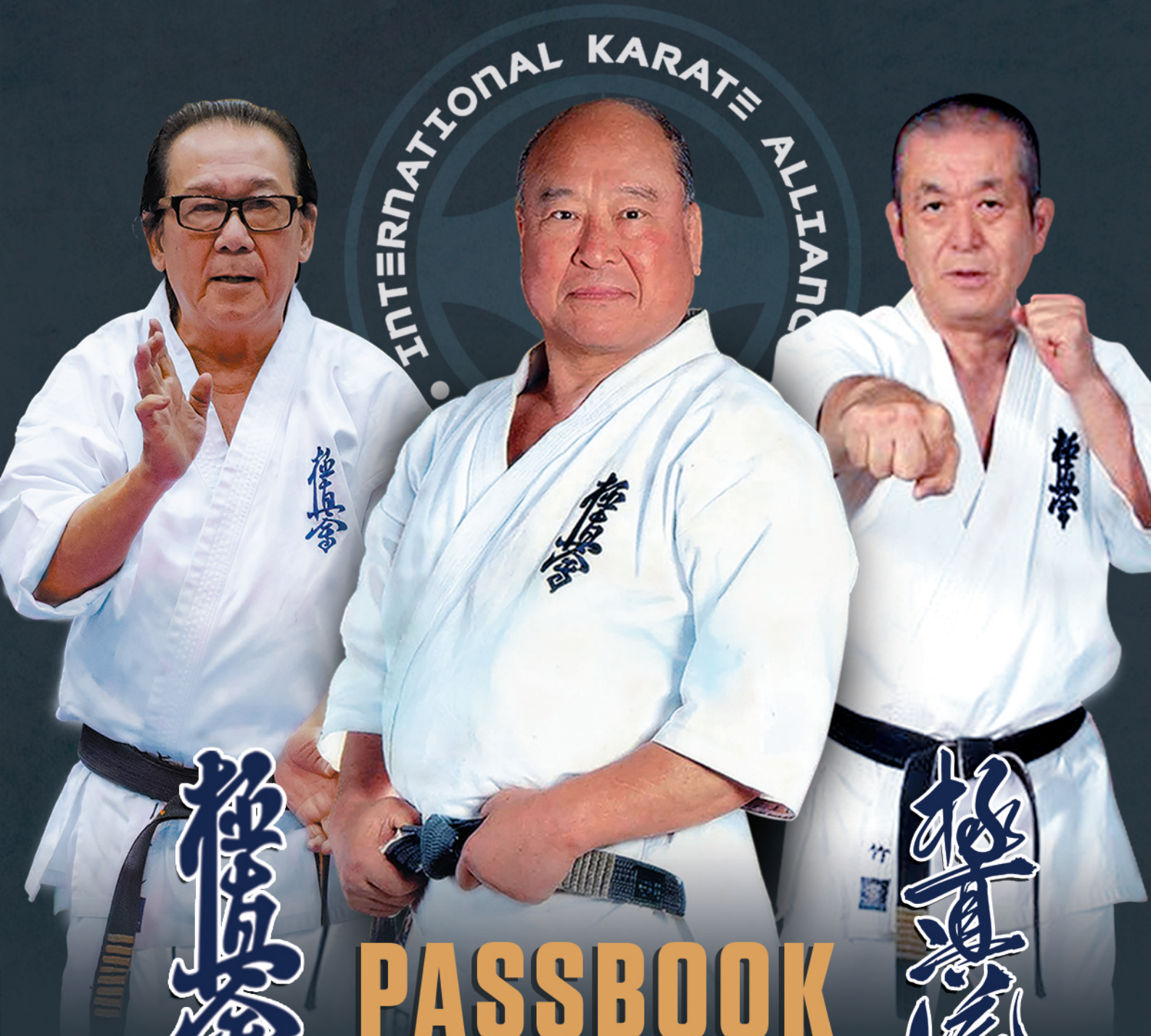


# 國際空手道連盟極真流

International Karate Alliance, KyokushinRyu



極真流

PASSBOOK

極真流

“THE KYOKUSHIN WAY”

KYOKUSHIN KARATE

International Karate Alliance, KyokushinRyu

# 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.

International Karate Alliance, KyokushinRyu

# DOJO KUN

## ( DOJO OATH )

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



## Sosai Masutatsu Oyama

Founder  
Kyokushin Karate



Masutatsu ('Mas') Oyama was the founder of the KYOKUSHIN system of martial arts. After studying several martial arts styles in Korea, China and Japan, Mas Oyama found that none offered what he felt was the 'true' way. He began practicing alone, and developed his own training, fighting methods and philosophy.

Because Mas Oyama's technique was so powerful and realistic, he gained widespread recognition in Japan, and soon a huge following of would-be students around the world wanting to follow what they coined as "The Strongest Karate". Mas Oyama named his system, KYOKUSHIN which translates to "The True Way" or "The Ultimate Truth", and his legacy began. The International Karate Organization Kyokushin Kaikan was established in 1964, and has evolved into a global network of karate practitioners numbering over 12million in 125 countries.



## **Kancho Peter Chong**

Chairman

International Karate Alliance KyokushinRyu

A Kyokushin karate master and a former Assistant Superintendent of Police in Singapore Prior to studying Kyokushin karate, Chong had practised judo and was a judo instructor in the Singapore Police Force. In 1965, Chong sailed to Japan to train under Mas Oyama, without informing either his wife or his father of his intentions. Chong was responsible for training Inamullah Khan, pioneer of Kyokushin karate in Pakistan. In 1988, Chong received the Pingat Bakti Masyarakat (Public Service Medal) from Ong Teng Cheong, then Deputy Prime Minister of Singapore, for services to the martial arts.





## **Daihyo Ryuko Take**

**Vice Chairman**

International Karate Alliance KyokushinRyu



In 1976, founded the Kagoshima prefecture branch to launch Amami Oshima in his hometown, the dojo counted 59 locations in Kagoshima prefecture, and now he is the president of the karatechi kaikan of the international karatedo federation world. In addition, the track record of raising many competent players, including the world karate championship and the all japan championship, he has earned a high reputation out of the karate world.

# THE ELEVEN MOTTOS OF SOSAI MAS OYAMA

- ❖ The Martial Way begins and ends with courtesy.  
Therefore, be properly and genuinely courteous at all times.
- ❖ Following the Martial Way is like scaling a cliff - continue upwards without rest. It demands absolute and unfaltering devotion to the task at hand.
- ❖ Strive to seize the initiative in all things, all the time guarding against actions stemming from selfish animosity or thoughtlessness.
- ❖ Even for the Martial Artist, the place of money cannot be ignored. Yet one should be careful never to become attached to it.
- ❖ The Martial Way is centered in posture.  
Strive to maintain correct posture at all times.
- ❖ The Martial Way begins with one thousand days and is mastered after ten thousand days of training.
- ❖ In the Martial Arts, introspection begets wisdom.  
Always see contemplation on your action as an opportunity to improve.
- ❖ The nature and purpose of the Martial Way is universal.  
All selfish desires should be roasted in the tempering fires of hard training.
- ❖ The Martial Arts begins with a point and end in a circle.  
Straight lines stem from this principle.
- ❖ The true essence of the Martial Way can only be realized through experience.  
Knowing this, learn never to fear its demands.
- ❖ Always remember: In the Martial Arts the rewards of a confident and Grateful heart are truly abundant.



# HAND AND FIST TECHNIQUE



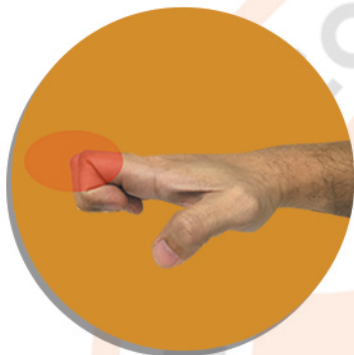
**Shuto**



**Haito**



**Hui**



**Hiraken**



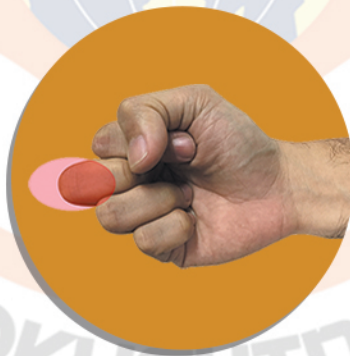
**Uraken**



**Shotei**



**Yohon-Nukite**



**Ippon-Ken-Uchi**



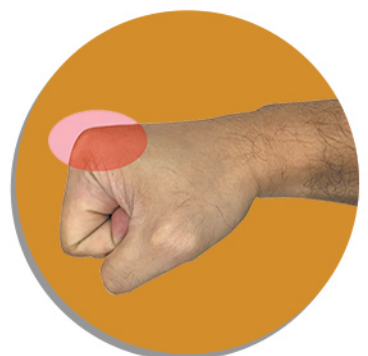
**Nihon-Nukite**



**Koken**



**Tettsui**



**Tsuki**



# 10TH KYU | Seiken

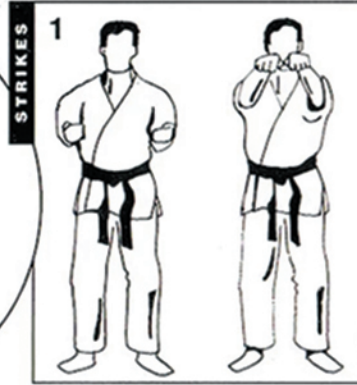
## 10 Techniques



FUDO DACHI



**SEIKEN (FOREFIST)**  
Strike with the first 2 knuckles



SEIKEN MOROTE  
TSUKI JODAN



SEIKEN MOROTE  
TSUKI CHUDAN



SEIKEN MOROTE  
TSUKI GEDAN



SEIKEN OI TSUKI  
JODAN



SEIKEN OI TSUKI  
CHUDAN



SEIKEN OI TSUKI  
GEDAN



SEIKEN JODAN UKE



SEIKEN MAE GEDAN BARAI



HIZA GAMMEN GERI



KIN GERI



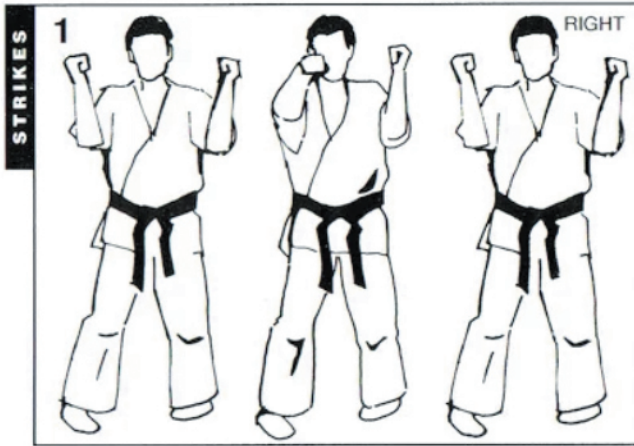
RETURN TO  
FUDO DACHI

# 9TH KYU | Seiken

## 7 Techniques



SANCHIN DACHI



SEIKEN JODAN AGO UCHI



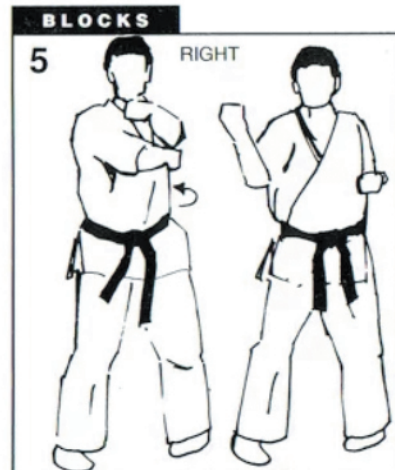
SEIKEN GYAKU TSUKI JODAN



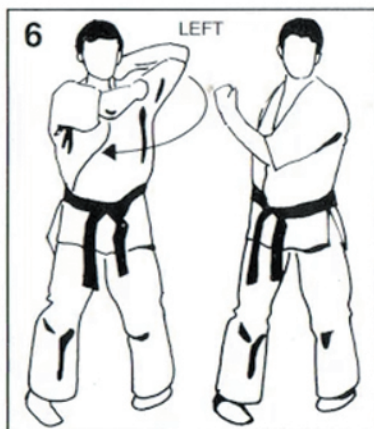
SEIKEN GYAKU TSUKI CHUDAN



SEIKEN GYAKU TSUKI GEDAN



SEIKEN CHUDAN UCHI UKE



SEIKEN CHUDAN SOTO UKE



CHUSOKU  
Ball of the foot



CHUDAN MAE GERI  
CHUSOKU



RETURN TO  
SANCHIN DACHI

# 8TH KYU

## 10 Techniques



SANCHIN DACHI



1 RIGHT

TATE TSUKI JODAN



2 LEFT

TATE TSUKI CHUDAN



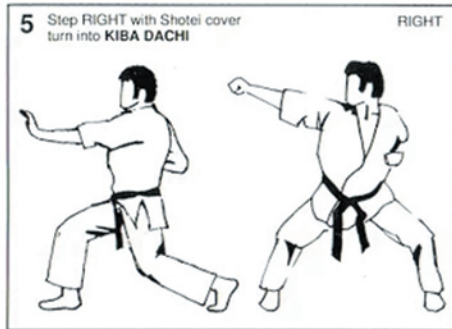
3 RIGHT

TATE TSUKI GEDAN



4 LEFT

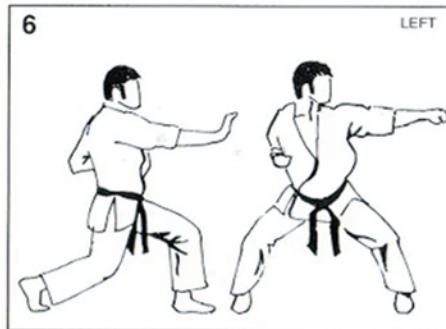
SHITA TSUKI



5 Step RIGHT with Shotel cover turn into KIBA DACHI

RIGHT

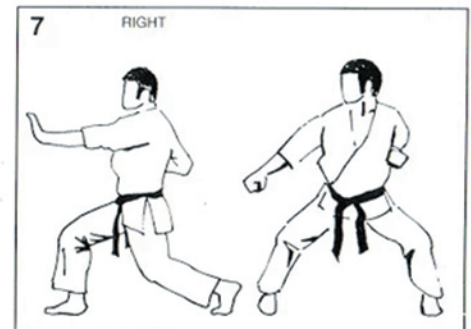
JUN TSUKI JODAN



6

LEFT

JUN TSUKI CHUDAN



7

RIGHT

JUN TSUKI GEDAN



8 LEFT

SEIKEN MOROTE CHUDAN  
UCHI UKE



9

SEIKEN CHUDAN UCHI UKE  
GEDAN BARAI



9

RIGHT

JODAN MAE GERI  
CHUSOKU



RETURN TO  
SANCHIN DACHI

# 7TH KYU | Tettsui

## 15 Techniques



SANCHIN DACHI



TETTSUI HAMMER FIST



TETTSUI OROSHI GANMEN UCHI



TETTSUI KOMEKAMI



TETTSUI HIZO UCHI



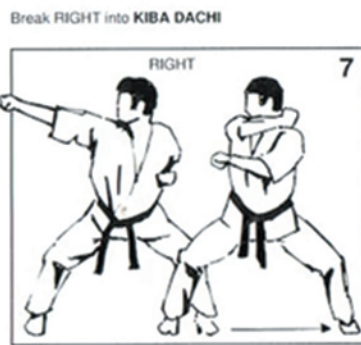
TETTSUI MAE YOKO UCHI JODAN



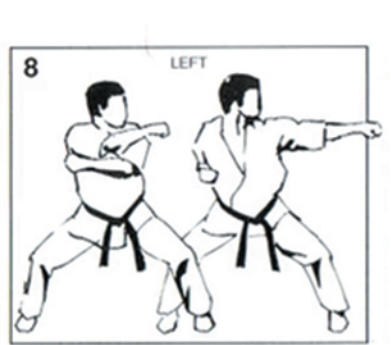
TETTSUI MAE YOKO UCHI CHUDAN



TETTSUI MAE YOKO UCHI GEDAN



TETTSUI YOKO UCHI JODAN



TETTSUI YOKO UCHI CHUDAN



TETTSUI YOKO UCHI GEDAN



SEIKEN MAWASHI GEDAN BARAI



SHUTO MAWASHI UKE (IN KOKUTSU DACHI)



MAE CHUSOKU KE AGE



TEISOKU MAWASHI SOTO KE AGE



HAISOKU MAWASHI UCHI KE AGE



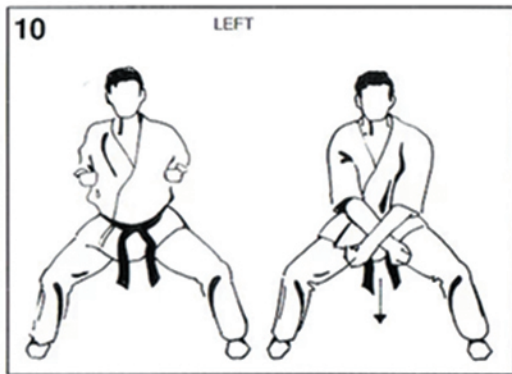
SOKUTO YOKO KE AGE



RE TURN TO SANCHIN DACHI

# 6TH KYU | Uraken

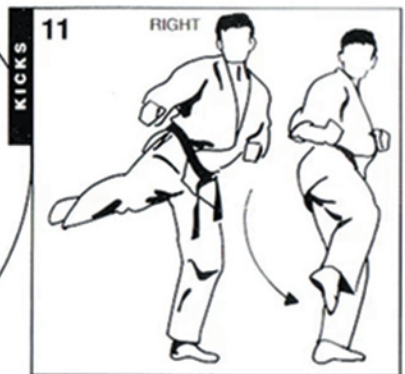
## 14 Techniques



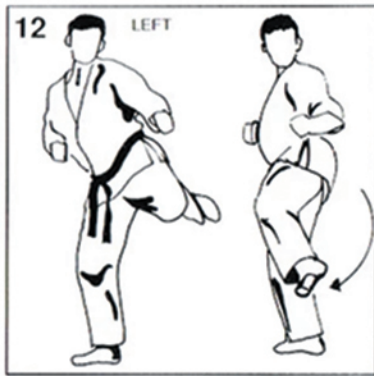
SEIKEN JUJI UKE **GEDAN**



**HAIKOKU** (INSTEP)



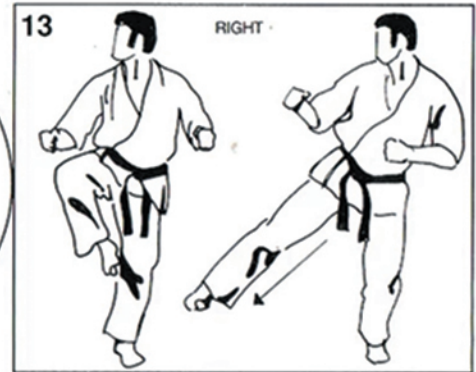
**MAWASHI GEDAN GERI HAIKOKU**



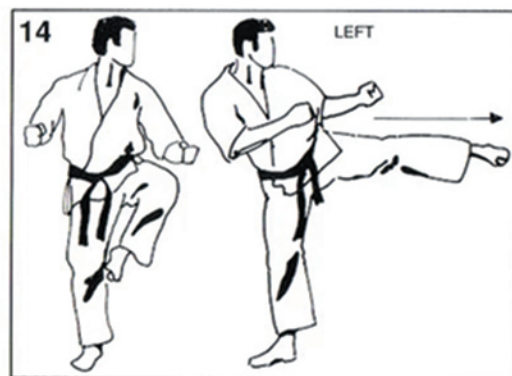
**MAWASHI GEDAN GERI CHUSOKU**



**SOKUTO KNIFE FOOT**  
(ASHIGATANA)



**KANSETSU GERI (SOKUTO)**



**CHUDAN YOKO GERI (SOKUTO)**



RETURN TO  
**SANCHIN DACHI**

# 6TH KYU | Uraken

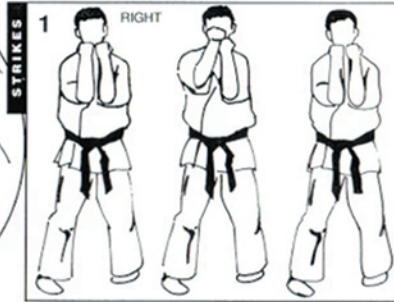
## 14 Techniques



SANCHIN DACHI



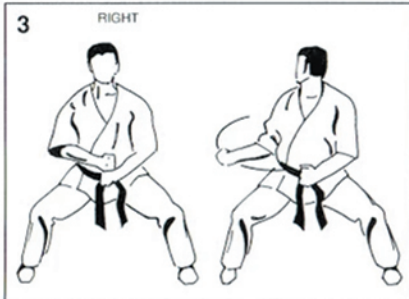
URAKEN (INVERTED FIST)  
Strike with the first 2 knuckles



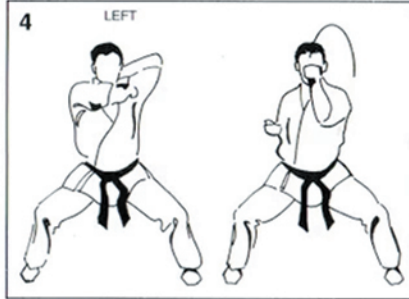
1 RIGHT  
URAKEN GANMEN UCHI



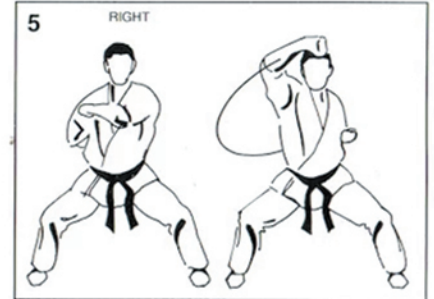
2 Break LEFT into KIBA DACHI  
URAKEN SAYU GANMEN UCHI



3 RIGHT  
URAKEN HIZO UCHI



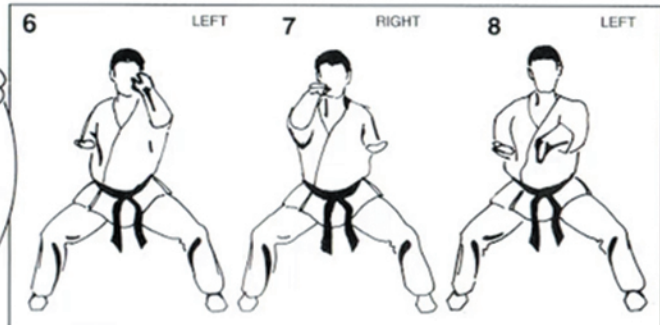
4 LEFT  
URAKEN OROSHI GANMEN UCHI



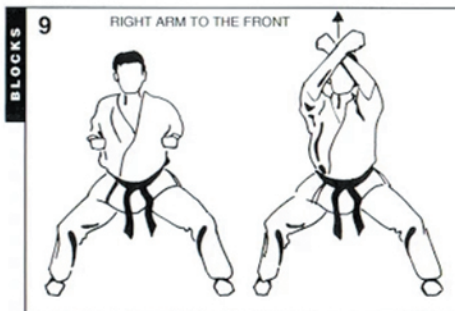
5 RIGHT  
URAKEN MAWASHI UCHI

**NIHON NUKITE**  
Thumb braced against index finger. Middle finger braced against remaining 2 fingers

**YONHON NUKITE**  
Fingers tips aligned, with fingers pulled tightly together and the palm broadened for strength



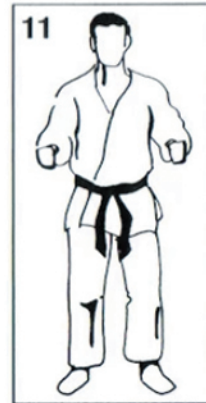
6 LEFT  
7 RIGHT  
8 LEFT  
NIHON NUKITE (ME TSUKI) YONHON NUKITE JODAN YONHON NUKITE CHUDAN



9 RIGHT ARM TO THE FRONT  
SEIKEN JUJI UKE JODAN

# 5TH KYU | Shotei

## 12 Techniques



USHIRO GERI CHUDAN  
Method 2 Spin



USHIRO GERI CHUDAN  
Method 3 Kake Dachi

Step forward into  
Kake Dachi

KICK

Step back into  
Kake Dachi

Stepback into  
Moro Ashi Dachi

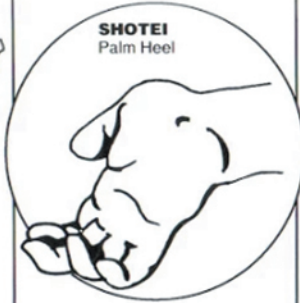
Return to  
SANCHIN DACHI

# 5TH KYU | Shotei

## 12 Techniques



**SANCHIN DACHI**



**SHOTEI**  
Palm Heel

**STRIKES**



**SHOTEI UCHI JODAN**



**SHOTEI UCHI CHUDAN**



**SHOTEI UCHI GEDAN**



**JODAN HIJI ATE**

**BLOCKS**



**SHOTEI UKE JODAN**

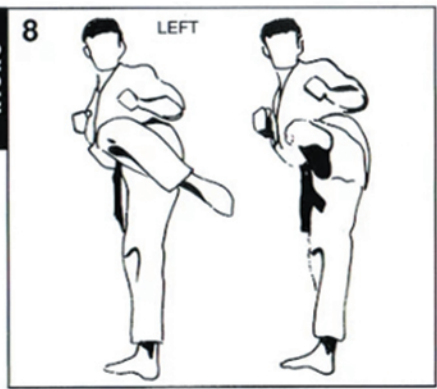


**SHOTEI UKE CHUDAN**



**SHOTEI UKE GEDAN**

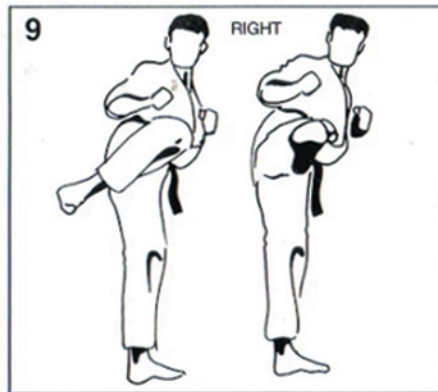
**KICKS**



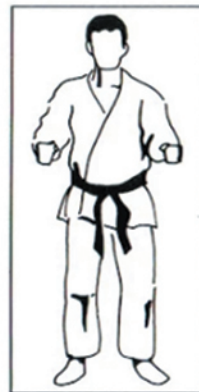
**CHUDAN MAWASHI GERI HAISOKU**



**FUDO DACHI**



**CHUDAN MAWASHI GERI CHUSOKU**



**FUDO DACHI**

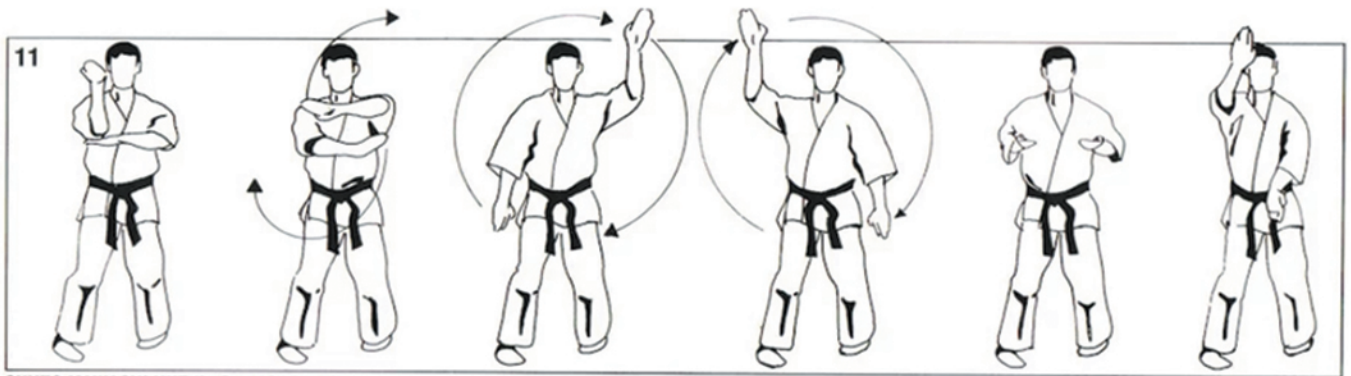


**USHIRO GERI CHUDAN**  
Method 1 Step across

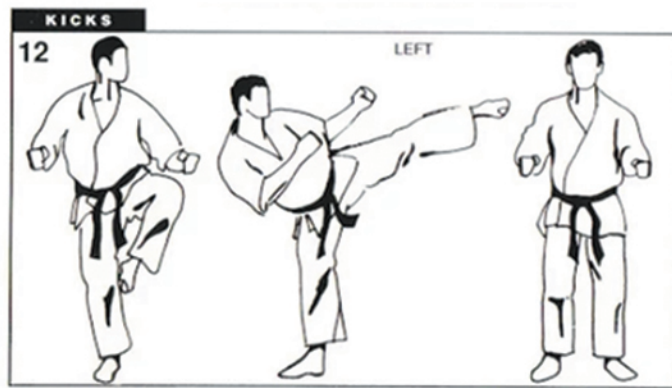


# 4TH KYU | Shuto

## 15 Techniques

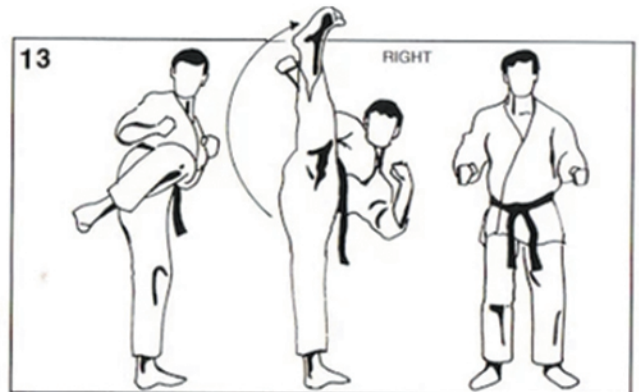


SHUTO MAWASHI UKE (In Sanchin Dachi)



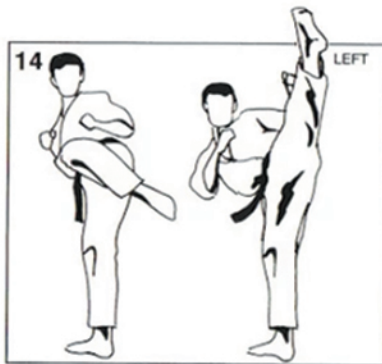
JODAN YOKO GERI

FUDO DACHI

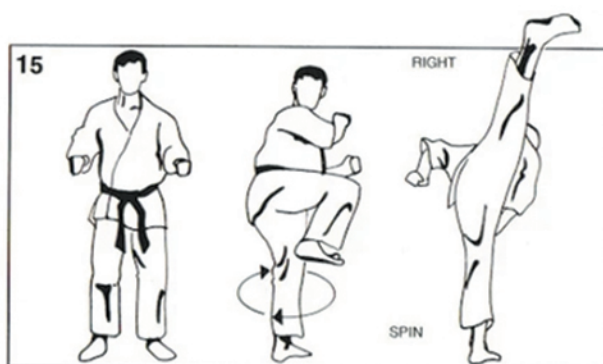


JODAN MAWASHI GERI CHUSOKU

FUDO DACHI



JODAN MAWASHI GERI HAISOKU



JODAN USHIRO GERI



# 4TH KYU | Shuto

## 15 Techniques

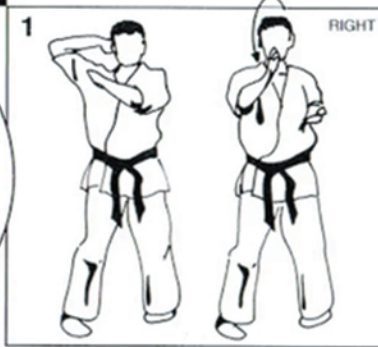


SANCHIN DACHI



### STRIKES

Shuto  
Tegatana or  
Knife Hand



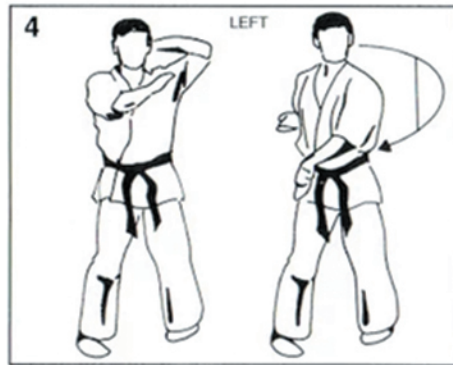
SHUTO SAKOTSU UCHI



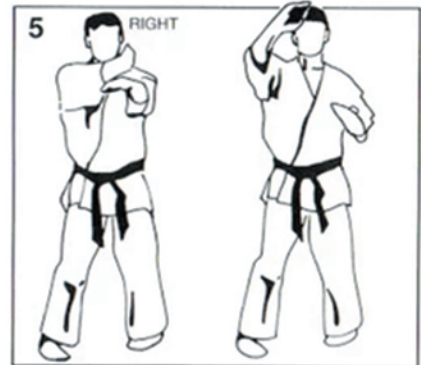
SHUTO YOKO GANMEN UCHI



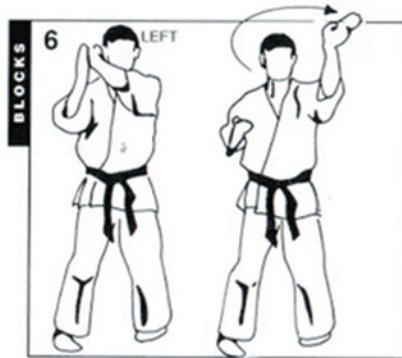
SHUTO UCHI KOMI



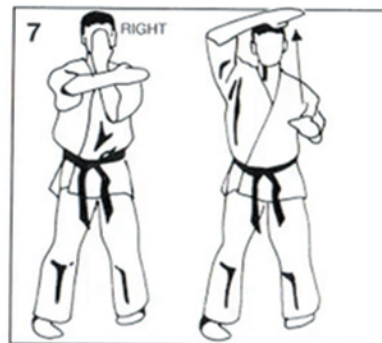
SHUTO HIZO UCHI



SHUTO JODAN UCHI UCHI



SHUTO JODAN UCHI UKE



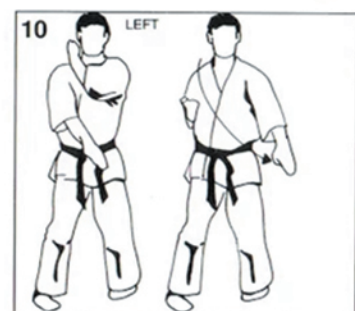
SHUTO JODAN UKE



SHUTO CHUDAN UCHI UKE



SHUTO CHUDAN SOTO UKE



SHUTO MAE GEDAN BARAI

# 3RD KYU | Hiji or Empi

## 12 Techniques



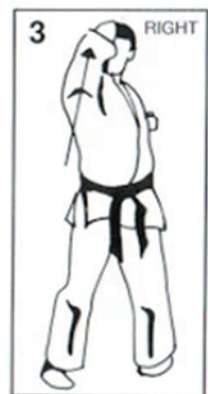
SANCHIN DACHI



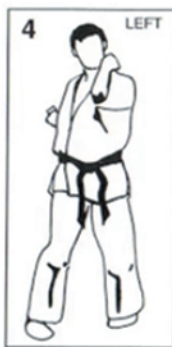
CHUDAN HIJI ATE



CHUDAN MAE HIJI ATE



AGE HIJI ATE JODAN



AGE HIJI ATE CHUDAN



USHIRO HIJI ATE



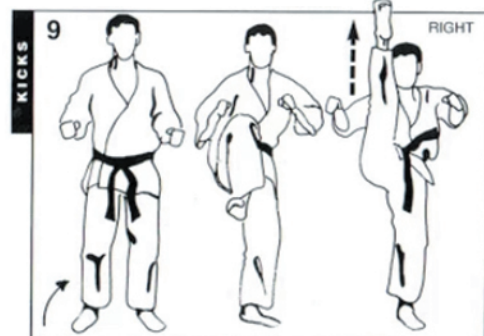
OROSHI HIJI ATE



SHUTO JUJI UKE JODAN

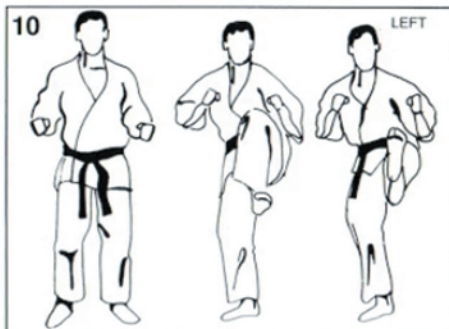


SHUTO JUJI UKE GEDAN

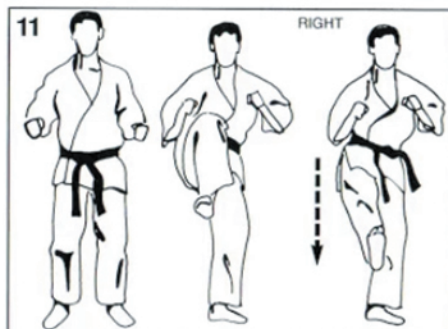


FUDO DACHI

MAE KAKATO GERI JODAN



FUDO DACHI MAE KAKATO GERI CHUDAN



FUDO DACHI MAE KAKATO GERI GEDAN



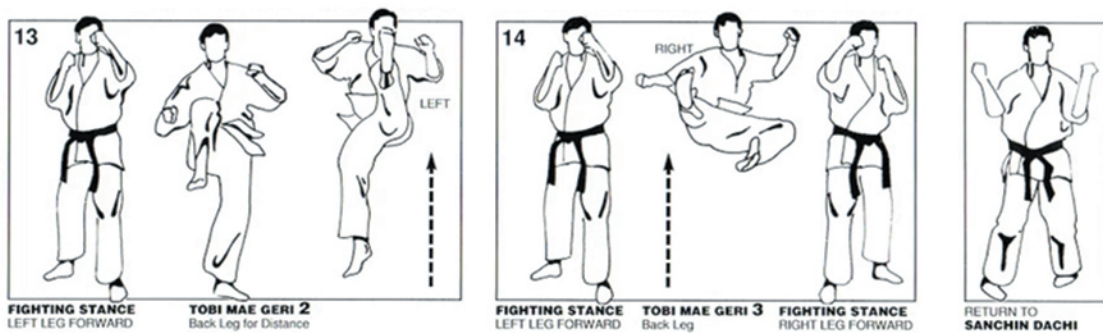
JODAN AGO GERI



RETURN TO SANCHIN DACHI

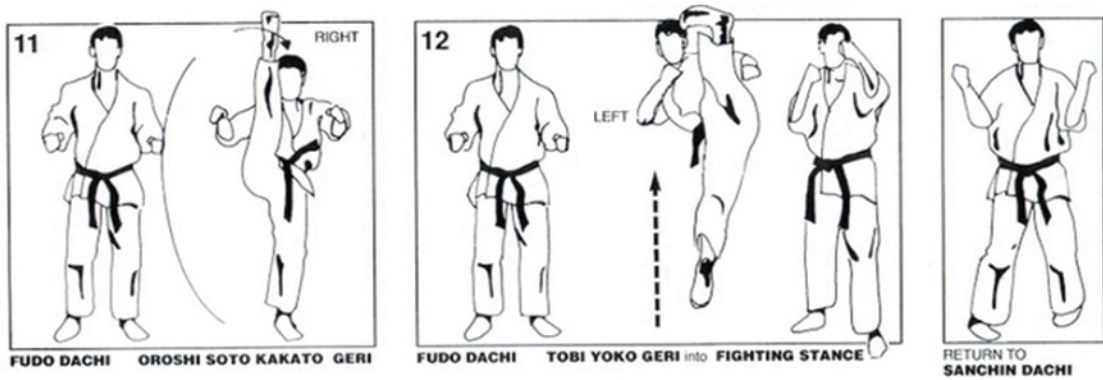
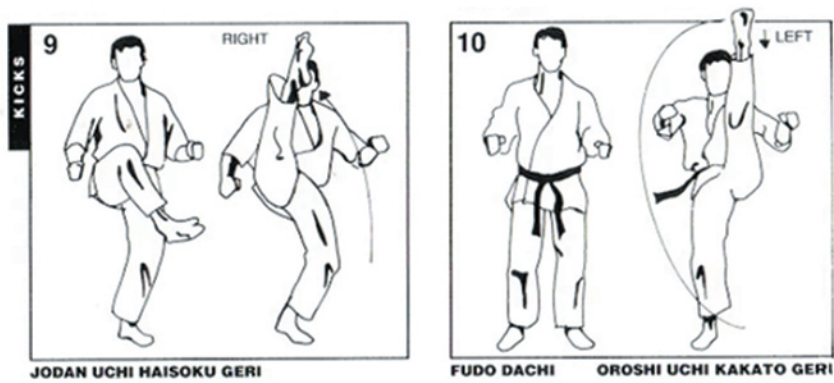
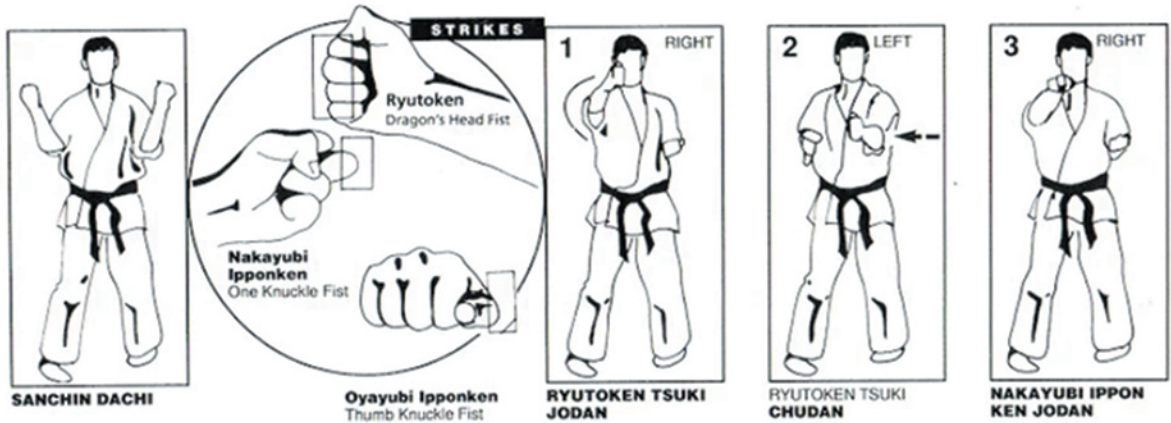
# 2ND KYU | Hiraken

## 14 Techniques



# 1ST KYU

## 12 Techniques



# KYOKUSHIN GRADING

Basic requirements and tenure before promotion

**White** | 3mos (48 hrs.) Taikyoku 1,2, Sokugi Taikyoku 1

**Orange** | **10th** 3mos. (48 hrs.) Taikyoku 3, Sokugi Taikyoku 2,3

**Orange** | **9th** 3mos. (48 hrs.)

**Blue** | **8th** 3mos. (48 hrs.) Pinan 1,2, Sanchin

**Blue** | **7th** 3mos. (48 hrs.)

**Yellow** | **6th** 3mos. (48 hrs.) Pinan 3,4, Yantsu, Tsuki No Kata

**Yellow** | **5th** 3mos. (48 hrs.)

**Green** | **4th** 6mos. (96 hrs.) Taikyoku Ura 1-3, Pinan 5, Gekisai Dai

**Green** | **3rd** 6mos. (96 hrs.)

**Brown** | **2nd** 6mos. (96 hrs.) Pinan Ura 1-5, Tensho, Gekisai Sho, Saifa

**Brown** | **1st** 6mos. (96 hrs.)



# ATTENDANCE BOOK



1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	



16	17	18	19
20	21	22	23
24	25	26	27
28	29	30	

**“ If you do not overcome your tendency to give up easily,  
your life leads to nothing. ”**



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# EVENTS / SEMINARS ATTENDED

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