



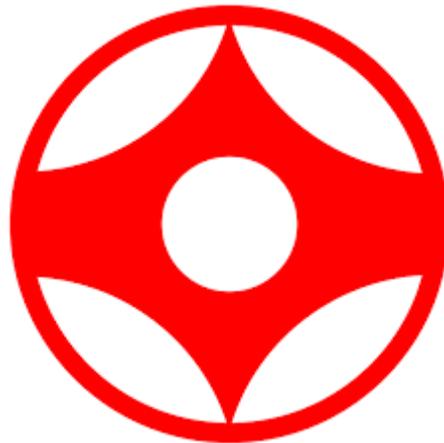
WHAT IS KYODAI KARATE

Karate is both an art and philosophy, because each person has a different personality, this reflects in their interpretation. Therefore, Karate masters founded their own school, teaching their style or ryu.

Kyodai is the name given to our ryu, which is based upon Kyokushin, which was originated by the master, Masutatsu Oyama.

Kyodai - Means Brothers,
Kyoku - Means ultimate,
Shin - Means truth or reality.

The symbol of Kyokushin is the Kanku. This is derived from the Kanku Kata, sky-gazing form, in which the hands raised to scan the sky, thus forming the symbol with the joining fingers and thumbs.



The points of the Kanku are represented by the fingers and imply the ultimate or peaks. The thick sections are represented from the wrists and imply power. The centre implies infinity and depth. A circle encloses the whole Kanku, implying continuity and circular movement.



KYODAI KARATE DOJO KUN

“In the martial arts way it is important always to aim to win, however, the motive for fighting must not come from personal grudge”

Masutatsu Oyama

I promise

To uphold the true spirit of The Martial Arts and never to utilise the skills that have been taught to me against any persons, except in the defence of my family, friends or myself, in the instance of extreme danger or unprovoked aggression or in support of Law and Order.

To train my heart and body for a firm unshaken spirit.

To observe the rules of courtesy laid down by Kyodai Karate to respect my superiors and refrain from violence.

To look upward to wisdom and strength not seeking other desires.

To pledge myself to the furtherance of the Kyodai Karate Club & its Associations, in all respects relative to the Martial Arts.

“THE WAY OF THE MARTIAL ARTS BEGINS AFTER 1,000 DAYS STUDY AND AFTER 10,000 DAYS WE MAY BEGIN TO LEARN THE MEANING OF KARATE”

Masutatsu Omayama.....



A BRIEF HISTORY OF OUR FOUNDER

MASUTATSU OYAMA

The founder of our Karate style was Masutatsu Oyama 10th Dan. Described by some as being a "legend in his own time". He was born in Korea in 1923 and began his martial arts training by studying Kempo at the age of nine.

In 1938, he moved to Japan to further his academic studies but also found time to master the art of judo. However, it was karate that fascinated him most so he joined a karate school headed by Gichin Funakoshi. He trained very hard every day and at the age of eighteen was awarded his Nidan. By this time, it was becoming obvious to him that this style of karate could not give him what he was looking for and therefore decided to study under a great master of the time called Sodeiju. He managed to attain the grade of Yondan before volunteering to fight in the airforce toward the end of the Second World War.

After the war, he isolated himself for almost two years on Mt. Minobu, in Chiba, living in a small hut that he built himself. For food, he relied mostly on what grew and lived around him, which was presumably enough to sustain him during vigorous daily programme. As the months passed, he became both physically and mentally stronger and many hours were spent in meditation.

In 1949, he came down from the mountain and took up residence close to a slaughterhouse. It was at this slaughterhouse that he got the opportunity to try out the power in his techniques on some of the bulls awaiting slaughter.

In 1952, he toured America giving demonstrations and exhibition matches. His breaking ability earned him the name "The divine hand", he took up many challenges and defeated them all.

In 1953, he agreed to be filmed fighting a bull. In order to increase his speed he had to lose weight, for he knew this would be of the utmost importance against a fast bull. On the day of the match he weighed 180 lbs. and it is reported that the bull weighed 990 lbs. with horns four inches in diameter. According to the account in Kancho Oyama's book "This is Karate", the whole match lasted more than 30 minutes. His tactics were to tire the bull out by constantly dodging the animal's charge. At one point in the match he was evidently gored in the stomach, but this did not stop him from eventually toppling the bull over and chopping off a horn.

At the age of 70 – April 1994 - Mas Oyama sadly died of lung cancer (non smoker); we thank him for giving so much to the Martial way.



ETIQUETTE AND PROCEDURE

Having colour belts is a good incentive for students and a good way of measuring progress. In Kyodai, we have a system of coloured belts from white to black, which are as follows -

White	- Beginners
Red	- 9 th Kyu
Yellow	- 8 th Kyu
Orange	- 7 th Kyu
Green	- 6 th Kyu
Blue	- 5 th Kyu
Purple	- 4 th Kyu
Brown 1 stripe	- 3 rd Kyu
Brown 2 stripes	- 2 nd Kyu
Brown 3 stripes	- 1 st Kyu
Black	- Shodan and above

Statutory Time Limit between Senior Examinations:

10th Kyu to 3rd Kyu: Grading may be taken at three monthly intervals.

3rd Kyu to 1st Kyu: Grading may be taken at six monthly intervals.

1st Kyu to Shodan: A candidate must hold the grade of 1st Kyu for one full year before applying for Shodan.

Shodan to Nidan: Minimum of Two years.

Nidan to Sandan: Minimum of Three years.

Sandan to Yondan: On recommendation of Shihan.

All national Gradings are subject to the recommendation of the students Dojo Instructor.



TITLES:

- 1st/2nd & 3rd Kyu's - Sempai (Senior)
1st to 5th Dan's - Sensei (Teacher)
6th and 7th Dan's - Shihan (Master)
Master of the house or senior man in the style - Kancho (Master).

The place in which one trains in karate is called a "**dojo**".

When training, one normally uses the Japanese terms, which are internationally known and therefore understood by nearly everyone practising karate throughout the world.

Discipline within a well-run dojo is always very strict and the instructor is always addressed by his title; this helps maintain the proper relationship between a teacher and his students, which is always very formal.

Upon entering or leaving any dojo one always bows and gives an OSU. The bow is a sign of respect for the training hall, which in Japan is regarded as a place with spiritual significance.

A lesson always begins with the students lining up in grade order and facing the instructor. The instructor gives the following command **Line up**.

AT THE END OF A LESSON

The students are lined up in grade order and face the instructor. The instructor gives the following commands:

- Seiza** (a command to kneel down)
Mokuso (Close eyes - Period of meditation)
Mokuso Yame (Open eyes)
Sosai ni, Rei (Bow with loud OSU)
Sensei ni, Rei (Bow with OSU)
Sempai ni, Rei (Bow with OSU)
Otagai ni, Rei (Bow with OSU)

Sensei will stand up and bow, at which point all students stand up and bow with OSU, Students should leave the floor quickly and quietly.

THE PROGRESSION OF LEARNING

- Position - Stance
Balance - Control of position
Co-ordination - Control of balance and position in technique
Form - Performing above correctly
Speed - Increase time rate of performance without loss of form
Power - Strengthening the technique
Reflex - The technique becomes a natural movement

It is essential that the progression is not rushed, but developed at each stage.



Club Rules.

1. The practice of using karate for any form of bullying will not be tolerated. Severe action will be taken against any student found behaving in this manner.
2. All students must bow and give OSU on entering and leaving the dojo, stepping on to or off of the training area and when paying subs. junior grades should also bow to the senior grades. Instructors should be referred to as Sensei or Senpi and not by their first names.
3. Nails must be kept clean and short enough to avoid cutting and scratching. No Jewellery or watches should be worn. If it is not possible to remove rings, earrings or bracelets they should be safely covered.
4. Late arrivals should enter the dojo quietly and kneel at the front of the class with their hand raised. When the signal to join the class is given the student should join at the back and wait for an appropriate moment to join in grade order.
5. Complete white GI with correct grade belt should be worn at all times, unless other wise stated by Sensei. (In the summer Club T-Shirts may be worn).
6. Spectators are welcome with Sensei's permission. If spectators are present they should keep quiet and not disrupt the class in any way. This permission could be withdrawn at any time.
7. Spectators should sit to the rear of the dojo.
9. Strict discipline will be adhered to at all times. Shoddy discipline will result in a shoddy club,
10. Nobody should walk across the training area, especially with footwear on. This includes Parents and other spectators.
11. Students and spectators should be careful not to walk in front of a class.
12. When an instructor is teaching a class they should not be interrupted by anyone accept students training in that class.
13. Each member must possess the following before he or she can grade or Spar/Fight within the club.
An in date Karate. license - £25.00 1-year cover.

(This will allow a student to train at any EKGB affiliated club, but permission must be given from the dojo instructor. The usual seniority will apply.

It also incorporates within the individual License an insurance scheme. Details can be supplied on request and is a requirement **by law**.

9th KYU Red Belt



Stances

FUDO DACHI
Ready Stance



ZENKUTSU DACHI
Forward Leaning stance



Punches and Strikes

CHUDAN TSUKI
Punch To Chest



JODAN TSUKI
Punch To Face



GEDAN TSUKI
Punch To Groin



SAMBON TSUKI

Combination of all 3
Punches
Chudan/Jodan/Gedan

MOROTE TSUKI CHUDAN
Punch To Chest



MOROTE - JODAN
Double Punch To Face



MOROTE GEDAN Double
Double Punch To Groin



**9th KYU Red Belt
(Cont.....)**



Kicks

KIN GERI
Flick Kick To Groin



HIZA GANMEN GERI
Knee Kick



Blocks

MAE GEDAN BARAI
Lower Block



Ippons

1. Attacker Punch Jodan Tsuki
2. Attacker Punch Chudan Tsuki – Defend Right Handed
3. Attacker Punch Chudan Tsuki – Defend Left Handed

TIAKYOKO SONO ICHI (First Kata)

Combinations – Fighting – Stamina/Fitness



8th KYU Yellow Belt

Stances

MISUBI DACHI

10 to 2 Stance, Heels Together



KIBA DACHI -

Horse Stance



Punches and Strikes

GYAKU TSUKI CHUDAN

Reverse Punch To Chest



GYAKU TSUKI JODAN

Reverse Punch To Face



GYAKU TSUKI GEDAN

Reverse Punch To Groin



SHITA TSUKI

Punch Under Ribs



AGO UCHI

Snap Punch To Face



8th KYU Yellow Belt
Cont.....



Blocks

CHUDAN UCHI UKE

Inside Block (arm moves from in to out)



Kicks

MAE GERI CHUDAN (CHUSOKO)

Front Kick To Stomach Using Ball of Foot



KE AGE

Straight Leg Kick Under Jaw



Ippons

1. Attacker Punch Jodan Tsuki
2. Attacker Punch Chudan Tsuki – Defend Right Handed
3. Attacker Punch Chudan Tsuki – Defend Left Handed

TIAKYOKO SONO NI (2nd Kata)

Combinations – Fighting – Stamina/Fitness

7th KYU Orange Belt



Stances

KOKOTSU DACHI
Backward Leaning Stance



NEKO ASHI DACHI
Cat Stance

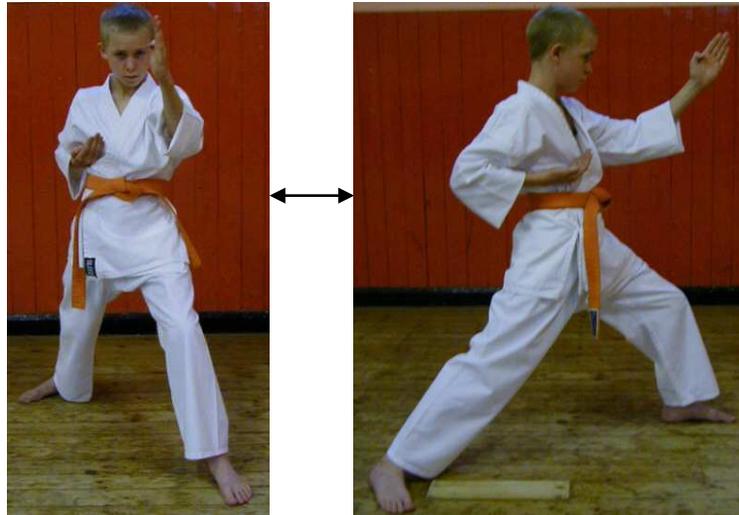


Punches and Strike

SIEKEN MAWASHI UCHI
Punch To Temple



SHUTO SAKITSU UCHI
Open Hand Strike To Shoulder



SHUTO YOKO GANMEN UCHI
Open Knife Hand Strike To Temple



**7th KYU Orange Belt
Cont.....**



Blocks

CHUDAN SOTO UKE



Outside Block (Out to In)



Kicks

MAWASHI GERI CHUDAN CHUSOKU
Round House Kick To Side.



AGO MAE GERI
Snap Kick To Face



Ippons

1. Attacker Punch Jodan Tsuki
2. Attacker Punch Chudan Tsuki – Defend Right Handed
3. Attacker Punch Chudan Tsuki – Defend Left Handed

TIAKYOKO SONO SAN (3rd Kata)

Combinations – Fighting – Stamina/Fitness

6th KYU Green Belt



Stances

TSURU ASHI DACHI

Crane Stance



SANCHIN DACHI

Strong Tense Stance (*From fudo dachi right foot draws C shape on floor, then, throw both heels outwards*).



Punches and Strikes

URAKEN GANMEN UCHI

Fist Strike To Face (Elbows Together)



YOKO URAKEN GANMEN UCHI

Fist Strike To Side



**6th KYU Green Belt
Cont.....**



Punches and Strikes cont:

SHUTO HIZO UCHI
Chop To Spleen



Blocks

MOROTE UKE

JODAN Uke

Assisted Block

Upper Block – Closed Hands



Kicks

MAE KANSETSU GERI

Side Thrust Kick To Front - Knee



YOKO KANSETSU GERI
Side Thrust Kick To Side - Knee



Ippons

1. Attacker Punch Jodan Tsuki
2. Attacker Punch Chudan Tsuki – Defend Right Handed
3. Attacker Punch Chudan Tsuki – Defend Left Handed
4. Attacker Kick Mae Geri Chudan
5. Attacker Kick Mawashi Geri Chudan
6. Attacker Yoko Geri chudan

Kata - PINAN SONO ICHI Fourth Kata

Combinations – Fighting – Stamina/Fitness



5th KYU Blue Belt

Stances

HIESOKO DACHI



MORO ASHI DACHI

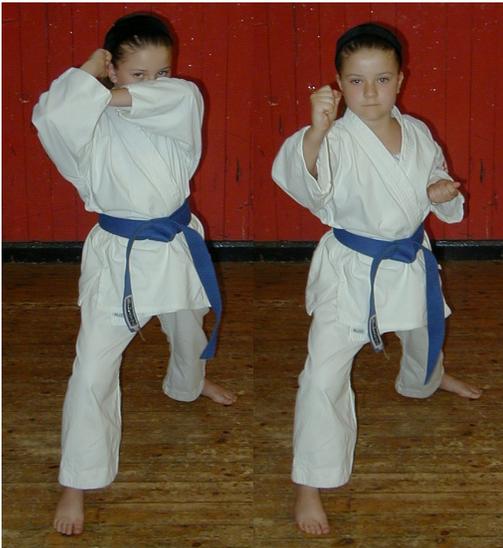
From FUDO DACHI Right Foot Moves One Step



Punches and Strikes

TETTSUI UCHI

Hammer Fist Strike To Head



TETTSUI KOMI KAMI

Hammer Fist Strike To Temple



SHOTEI UCHI CHUDAN

Palm Strike To Chest



5th KYU Blue Belt
Cont.....



TATE TSUKI
Upright Fist Punch



Blocks

SHUTO JODAN UKE
Open Hand Upper Block



SHUTO CHUDAN UCHI
Open Hand Inside Block



Kicks

YOKO GERI CHUDAN
Side Thrust Kick To Side Using Knife Edge Of Foot.



MAE KAKATO GERI CHUDAN
Heel Kick To Chest



Ippons

1. Attacker Punch Jodan Tsuki
2. Attacker Punch Chudan Tsuki – Defend Right Handed
3. Attacker Punch Chudan Tsuki – Defend Left Handed
4. Attacker Kick Mae Geri Chudan
5. Attacker Kick Mawashi Geri Chudan_

Kata

PINAN SONO NI

-
Combinations/ Kumite/Stamina

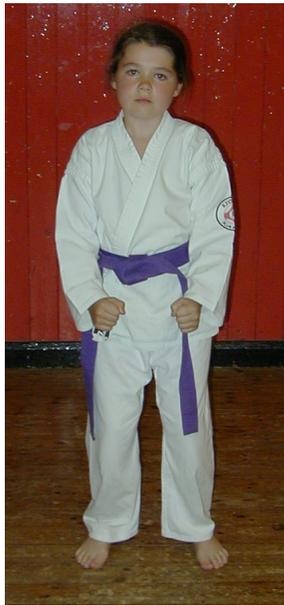


4th KYU Purple Belt

Stances

HEIKO DACHI

Small FUDO DACHI.



Punches and Strikes

SHOTEI UCHI JODAN

Palm Strike To Face



SHOTEI UCHI GEDAN

Palm Strike To Groin



SHUTO UCHI KOMI

Knife Hand Strike To Sternum



NUKITE JODAN

Spear Hand Strike To Eyes



NUKITE HAND

**4th KYU Purple Belt
Cont....**



Blocks

SIEKEN GEDAN UKE (JUJI)

Double Arm Lower Block



SIEKEN JODAN UKE (JUJI)

Double Arm Upper Block



Kicks

MAI GERI CHUDAN, MAWASHI GERI CHUDAN

Front Kick To Stomach and
Round House Kick Off One Leg.



YOKO GERI JODAN

Side Thrust Kick Head Using
Knife Edge Of Foot



MAWASHI SOTO KE AGE

Straight Leg Kick - Out to In

MAWASHI UCHI KE AGE

Straight Leg Kick - In to Out

Ippons

1. Attacker Punch Jodan Tsuki
2. Attacker Punch Chudan Tsuki – Defend Right Handed
3. Attacker Punch Chudan Tsuki – Defend Left Handed
4. Attacker Kick Mae Geri Chudan
5. Attacker Kick Mawashi Geri Chudan_

Kata - PINAN SONO SAN Sixth Kata

Combinations/ Kumite/Stamina



Stances

UCHI HACHI JI DACHI

From FUDO DACHI Throw both Heels Outwards



SHIKA DACHI

Horse Stance. Feet In 10 – 2 Stance



Punches and Strikes

CHUDAN HIJI ATE

Elbow Strike To Chest



JODAN HIJI ATE

Elbow Strike To Face



AGE HIJI ATE

Elbow Strike To
Sternum



AGO HIJI ATE

Elbow Strike
Under Jaw



3rd KYU 1st Brown Belt
Cont...



Punches and Strikes continued

USHIRO HIJI ATE

Backward Elbow Strike



NUKITE JODAN

Spear Hand Strike To Eyes



Blocks

SHUTO MAE GEDAN BARAI

Open Hand Lower Block



CHUDAN UCHI UKE GEDAN BARAI

Inside, Lower Block At Same Time



3rd KYU 1st Brown Belt
Cont.....



Kicks

USHIRO GERI CHUDAN

Back Kick To Chest



MAWASHI KAKATO GERI CHUDAN

Hook Kick



TOBI MAE GERI CHUDAN

Flying Front Kick To Chest



MAWASHI GERI JODAN

Round House Kick To Head -



Ippons

1. Attacker Punch Jodan Tsuki
2. Attacker Punch Chudan Tsuki – Defend Right Handed
3. Attacker Punch Chudan Tsuki – Defend Left Handed
4. Attacker Kick Mae Geri Chudan
5. Attacker Kick Mawashi Geri Chudan
6. Attacker Kick Yoko Geri Chudan
7. Attacker Kick Mawashi Kakato
8. Attacker Kick Ushiro Geri Chudan

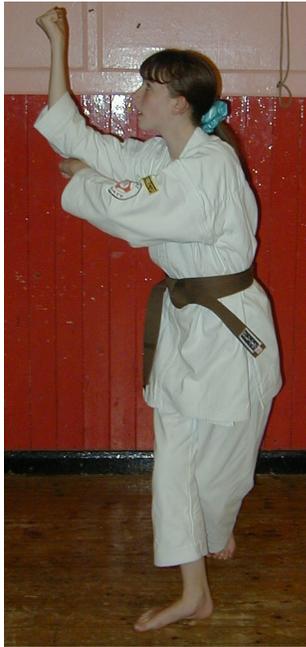
Kata - PINAN SONO YON - Seventh Kata
Combinations/ Kumite/Stamina



Stances

KAKE DACHI

Cross Stance



Punches and Strikes

IPPON KEN (CHUDAN, JODAN)

One Knuckle Strike To Face



IPPON KEN HAND



OYAYBUI KEN (CHUDAN, JODAN)

Thumb Knuckle



HIRAKEN (CHUDAN, JODAN)

Fist Knuckle



JODAN





Punches and Strikes continued:

HAITO UCHI (CHUDAN, JODAN) Inner Knife Hand Strike



HAISHU
Back Hand Stop

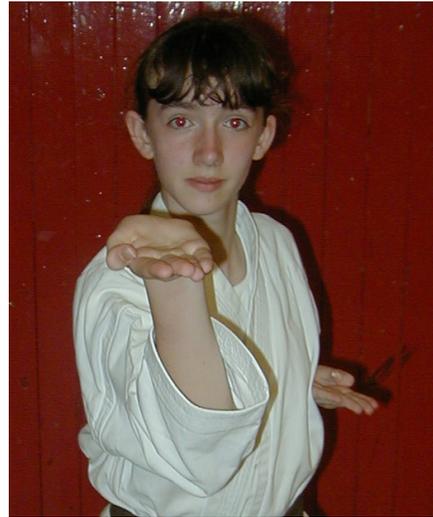




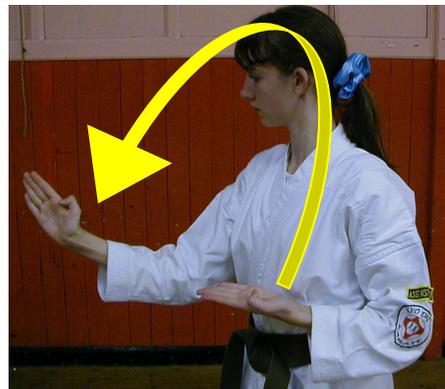
MAWASHI RYOKEN
Burst Ear Drum Strike



Blocks
SHUTO SOTO UKE CHUDAN
Open Hand Outside Block



SHUTO MAWASHI UKE
Open Hand Circular Block





Kicks

**USHIRO GERI JODAN
GERI JODAN**
Back kick To Face



MAWASHI KAKATO

Hook Kick To Head



TOBI MAE GERI JODAN
Flying Front Kick To Head



Ippons

1. Attacker Punch Jodan Tsuki
2. Attacker Punch Chudan Tsuki – Defend Right Handed
3. Attacker Punch Chudan Tsuki – Defend Left Handed
4. Attacker Kick Mae Geri Chudan
5. Attacker Kick Mawashi Geri Chudan
6. Attacker Kick Yoko Geri Chudan
7. Attacker Kick Mawashi Kakato
8. Attacker Kick Ushiro Geri Chudan

Kata - PINAN SONO GO – Eighth Kata

Combinations/ Kumite/Stamina



Stances

Complete Knowledge & In Japanese

Punches and Strikes

Complete Knowledge & In Japanese

Blocks

Complete Knowledge & In Japanese

Kicks

Complete Knowledge & In Japanese

Ippons

1. Attacker Punch Jodan Tsuki
2. Attacker Punch Chudan Tsuki – Defend Right Handed
3. Attacker Punch Chudan Tsuki – Defend Left Handed
4. Attacker Kick Mae Geri Chudan
5. Attacker Kick Mawashi Geri Chudan
6. Attacker Kick Yoko Geri Chudan
7. Attacker Kick Mawashi Kakato
8. Attacker Kick Ushiro Geri Chudan

Kata

SANCHIN NO KATA

Combinations

Kumite