

traditional kyokushin karate pdf

Kyokushin (æµçœŸ) is a style of stand-up, full contact karate, founded in 1964 by Korean-Japanese Masutatsu Oyama (â±±â€•”, ÅEyama Masutatsu). "Kyokushin" is Japanese for "the ultimate truth". It is rooted in a philosophy of self-improvement, discipline and hard training. Its full contact style had international appeal (practitioners have over the last 40+ years numbered more than 12 ...

Kyokushin - Wikipedia

Karate began as a common fighting system known as te (Okinawan: ti) among the Pechin class of the Ryukyuans. After trade relationships were established with the Ming dynasty of China in 1372 by King Satto of ChÅ«zan, some forms of Chinese martial arts were introduced to the Ryukyu Islands by the visitors from China, particularly Fujian Province. A large group of Chinese families moved to ...

Karate - Wikipedia

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