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web kyokushin 空手 is a full contact martial art school of karate originating from japan it is a

style of stand up fighting and is rooted in a philosophy of self improvement discipline and hard training kyokushin kaikan is the martial arts organization founded in 1964 by korean japanese masutatsu oyama 空手道 大塚 剛二 Ōyama

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web apr 10 2022 inclusive guide which contains the fundamental elements of its practice kihon basic techniques kata forms and kumite combat without forgetting insightful chapters dedicated to the history and inherent philosophy of this noble martial art all the necessary techniques from basic to advanced required up to the level of black belt are provided as

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web apr 14 2020 as a student of kyokushin budo kai i have spent many hundreds of hours researching websites in four different languages in an effort to gain as much knowledge as possible concerning the international kyokushin budokai jon bluming founder and president and background information concerning the martial arts that make up the

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