

IKO SEIKYOKUSHINKAI

Grading Syllabus

What is Seikyokushin?

Karate is both an art and philosophy; because each person has a different personality, this is reflected in their interpretation.

Therefore, Karate masters founded their own schools, teaching their style or ryu.

Kyokushin is the name, which was originated by the master, Masutatsu Oyama.

Seikyokushinkai or shortly Seikyokushin was founded in February 2021 and received official registration on 04/01/2021.

The initiator of the creation of the International Karate Organization Seikyokushinkai was Andrew Rekunov, Oleh Kindzer and Roman Sokolovski. The idea of creating a new Organization was supported by the Members of the International Committee.

The purpose of the creation of Seikyokushin is to respect the Traditions founded by Mas Oyama and absolute freedom from any political problems that take place in other Kyokushin Organizations.

Sei means Clear-Holy

Kyoku means Ultimate

Shin is truth or reality

Kai is Community.

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

The points of the Kanku are represented by the fingers and imply the ultimate's or peaks. The thick sections are represented from the wrists and imply power. The centre implies infinity and depth.

The whole Kanku is enclosed by a circle, implying continuity and circular action.

KYOKUSHIN KARATE - SEIKYOKUSHIN

The founder of our system, Masutatsu Oyama, was born in 1923 near Seoul in South Korea. He studied Chinese Kempo at nine years of age and at the age of twelve went to Japan to live and enrol at University. After mastering judo he became a pupil of the legendary Gichen Funakoshi, making such rapid progress that at seventeen he gained Nidan and at twenty-four became Yondan. During the war he was drafted into the military. After the war in 1947 he won the All Japan Karate Championship against all comers!

Deciding that he wanted to devote the rest of his life to spreading the knowledge of karate, he spent the next years in seclusion, living in the temples and the mountains, subjecting himself to the rigours of martial arts training day and night, meditating on Zen precepts and seeking enlightenment.

During the period of self-exile he struggled with wild animals, smashed trees and rocks with his bare hands and meditated under icy waterfalls in an extremely severe course of rigid discipline. In 1951 he returned to civilisation and started his own training Dojo. His fame spread rapidly as his ability was sensational! Among many feats he had defeated a bull with his bare hands!

After many successful tours, demonstrating his skills, training Dojo's were set up all over the World. In 1965, the five-storey building, Honbu, was opened in Tokyo. Today there are Kyokushin Branches in most countries in the World.

Seikyokushinkai Karate Dojo Kun

We will train our hearts and bodies for a firm, unshaken spirit.

We will pursue the true meaning of the Martial Way, so that in time our senses may be alert.

With true vigour 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 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 fulfil the true meaning of the Kyokushin Way.

SOSAI MASUTATSU OYAMA

10th DAN

"In the martial arts it is important always to aim to win, the motive for fighting must not come from personal grudge."

Order of Bow-in:

Instructor:

"Musubi Dachi, Seiza, Shinzen Ni Rei"

All bow to the front to pay respects to the martial arts Masters of the past whose efforts have given us the art.

"Mokuso" Close eyes and calm the breath: focus the concentration on the flow of the breath in and out of the lungs. Feel as if you are drawing the air deep into the abdomen. Shut out all wandering thoughts and prepare yourself for the training to follow. Continue to consciously follow the breath as it flows in and out of the lungs for as long as the meditation period continues.

"Mokuso Yame" Eyes Open.

"Sosai Ni. Rei"

Bow to the front with a loud OSU! As a symbol of respect to the founder of Kyokushin, Sosai Mas Oyama.

"Tatte kudasai" (Please stand up)

Order of Bow-out

Instructor:

"Musubi Dachi". Seiza. Shinzin-ni, Rei" (bow)

"Dojo kun" (Training oath is recited)

"Mokuso" (Period of meditation)

"Mokuso Yame. Sosai-ni, Rei" (Bow with a loud OSU!)

Senior Student:

"Shihan (or Sensei/Sempai) ni, Arigato gozaimashita, Rei"

Everyone bows to the instructor(s) and repeats loudly "Arigato gozaimashita"

"Otagi-ni, Arigato gozaimashita, Rei"

Again everyone bows and repeats loudly "Arigato gozaimashita" this time as a gesture of thanks to the other students in the class.

Arigato Gozaimashita is Japanese for "Thank you very much"

The Progression of Learning

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

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

Nomenclature:

Shodan and Nidan - Sempai

Sandan and Yondan - Sensei

Godan and above - Shihan

President - Sosai

Each golden stripe on the black belt indicates a Dan grade.

Statutory Time Limit between Examination

10th Kyu to 3rd Kyu

Gradings may be taken at three-monthly intervals.

3rd Kyu to 1st Kyu

Gradings may be taken at six-monthly intervals.

1st Kyu to Shodan

A student must hold the grade 1st Kyu for a minimum of one full year before being recommended for Shodan grading.

Shodan to Nidan

Minimum of two years

Nidan to Sandan

Minimum of three years

Sandan to Yondan

On recommendation only.

Terminology:

Seiken - forefist

Uke - block

Hiza - knee

Yoko - side

Kiai - shout

Migi - right

Tsuki - punch

Dan - level

Geri - kick

Gammen - face

Rei - bow

Seiza - kneel

Morote - double

Barai - parry

Mae - front

Keage - rising kick

Hidari - left

Kin - gold (groin)

Jodan - upper level

Chudan - middle level

Gedan - lower level

Naore - return to original position

Sanchin-dachi - hour glass stance

Zenkutsu-dachi - forward leaning stance

Yoi-dachi - ready stance

Fudo-dachi - basic dojo stance

Ido-geiko - practice of moving in basic stances

Kihon-kime - practice of focus of basic techniques

Gi - uniform

Obi - belt

KYOKU - ultimate

SHIN - truth or reality

KAI - (Kyokushin Kai) Society, School

1. ichi 2. ni 3. san 4. shi 5. go

6. roku 7. shichi 8. hachi 9. ku 10. ju

10th Kyu - Orange belt

How to fold a karate gi

Correct way to wear a gi (including tying the obi)

Meaning of Kyokushin

Dojo etiquette and procedures

General stretching and conditioning exercises

Stances: Fudo-dachi

Yoi-dachi

Fudo-dachi

Zenkutsu-dachi

Blocks: Seiken-mae-gedan-barai

Seiken-jodan-uke

Punches and Strikes:

Seiken-morote-tsuki

Seiken-oi-tsuki (jodan, chudan, gedan)

Kicks: Hiza-gammen-geri

Kin-geri

Ido-Geiko: in Zenkutsu-dachi, uke, tsuki and geri waza

Kata: Taikyoku-sono-Ichi

Kihon Kumite: (focus) Static in Sanchin-dachi and moving in Zenkutsu-dachi

Conditioning: Push-ups, Squats and Abdominal curls: age/amount-(6-9/10,15,15), (10-13/20,25,25),(14+/25,30,30)

Warm-up and flexibility exercises. The student should have a good understanding of conditioning for strength and flexibility to enhance the full range of the technique and to practice correctly.

Kumite: 1*60 sec.

9th Kyu - Orange belt with blue stripe

Stances: Musubi-dachi

Kokutsu-dachi

Sanchin-dachi

Blocks: Chudan-uchi-uke, Chudan-soto-uke

Punches and Strikes:

Seiken-gyaku-tsuki (jodan, chudan, gedan)

Seiken-ago-uchi

Kicks: Mae-geri (chudan)

Ido Geiko: Kokutsu-dachi, Sanchin-dachi

Nogare: Breathing exercise

Kata: Taikyoku-sono-Ni

Sanbon Kumite, Renraku / Ippon Kumite:

Conditioning: Push-ups, Squats and Abdominal curls: age/amount-(6-9/15,20,20), (10-13/25,30,30), (14+/30,35,35)

Kumite: 2*60 sec.

Terminology:

Gyaku - reverse or opposite

Uchi- inside

Soto – outside, Kokutsu-dachi - back-leaning stance

Ago - jaw, chin, Musubi-dachi - meditation stance

Chusoku - ball of foot

Mawat-te – turn, Taikyoku - basic education/exercise

Yonjugo - 45
Kuju - 90
Niju - 20
Sanju – 30

8th Kyu - Blue belt

Stances: Kiba-dachi

Shiko-dachi

Blocks: Morote-chudan-uchi-uke

Chudan-uchi-uke-gedan-barai

Punches and Strikes:

Shita-tsuki

Tate-tsuki (jodan, chudan, gedan)

Jun-tsuki (jodan, chudan)

Kage-tsuki

Kicks: Mae-geri (jodan)

Ido-Geiko: Kiba-dachi-yonjugo

Kiba-dachi-mae

Kata: Taikyoku-sono-San

Renraku / Ippon Kumite:

Conditioning: Push-ups, Squats and Abdominal curls: age/amount-(7-9/20,30,30), (10-13/30,35,35), (14+/35,40,40)

Kumite: 3*60 sec.

Terminology: Shita - inverted fist

Tate – verticle, Jun-tsuki - lunge, side punch

Kiba-dachi - horse or straddle stance

Shiko-dachi - sumo stance

Kage-tsuki - bent arm, hook punch

7th Kyu - Blue belt with yello stripe

Stances: Neko-ashi-dachi

Blocks: Mawashi-gedan-barai, Morote-mawashi-gedan-barai,

Shuto-mawashi-uke

Punches and Strikes:

Tettsui-oroshi-gammen-uchi

Tettsui-komi-kami

Tettsui-hizo-uchi

Tettsui-yoko-uchi (jodan, chudan, gedan)

Kicks: Chusoku-mae-keage, Teisoku-soto-mawashi-keage, Heisoku-uchi-mawashi-keage, Sokuto-yoko-keage.

Kata: Pinan-sono-Ichi

Ibuki breathing

Renraku / Ippon Kumite:

Conditioning: Push-ups, Squats and Abdominal curls: age/amount-(7-9/25,30,30), (10-13/30,40,40), (14+/40,45,45)

Kumite: 4*60 sec.

Terminology: Neko-ashi-dachi - cat stance
Teisoku - arch of foot
Haisoku - instep
Yoko – side, Mawashi - round
Tettsui - hammer fist
Sokuto - foot edge
Ibuki - forced breathing

6th Kyu - Yellow belt

Stances: Tsuru-ashi-dachi, Kumite-dachi

Blocks: Seiken-juji-uke (gedan, jodan)

Punches and Strikes:

Uraken-shomen-gammen-uchi

Uraken-sayu-gammen-uchi

Uraken-hizo-uchi

Uraken-mawashi-uchi

Uraken-oroshi-uchi

Nihon-nukite (me-tsuki)

Yonhon-nukite (jodan, chudan)

Kicks: Kansetsu-geri

Chudan-yoko-geri

Gedan-mawashi-geri

Kata:

Pinan-sono-Ni

Sokuge-Taikyoku-sono-Ichi

Renraku / Ippon Kumite:

Conditioning: Push-ups, Squats and Abdominal curls: age/amount-(10-13/35,45,45), (14+/45,50,50)

Kumite: 5*60 sec.

Terminology:

Tsuru-ashi-dachi - crane stance

Kansetsu - joint

Shuto– handsword

Nihon-nukite - two finger strike

Juji - cross

Yonhon-nukite - four finger strike

Uraken-shomen-gammen-uchi - backfist strike to face

Uraken-sayu-gammen-uchi - backfist side strike to face

Uraken-hizo-uchi - backfist strike to abdomen

Uraken-mawashi-uchi - backfist round strike

Uraken-oroshi-uchi - backfist overhead strike

5th Kyu - Yellow belt with green stripe

Stances: Moro-ashi-dachi

Blocks: Shotei-uke (jodan, chudan, gedan)

Punches and Strikes:

Shotei-uchi (jodan, chudan, gedan)

Jodan-hiji-ate

Kicks: Ushiro-geri (chudan, gedan)

Chudan-mawashi-geri (chusoku and haisoku)

Ido Geiko: Moro-ashi-dachi

Alternative methods of Ushiro-geri

Kaiten, Sagare and Ura movements

Kata:

Pinan-sono-San

Sokuge-Taikyoku-sono-Ni

Ura-Taikyoku-sono-Ichi

Renraku / Ippon Kumite:

Jiyu Kumite: Three two-minute rounds

Conditioning: Push-ups, Squats and Abdominal curls: age/amount-(10-13/40,50,50), (14+/50,55,55)

Kumite: 6*60 sec.

Terminology:

Shotei - palm heel

Hiji - elbow

Ushiro - back

Moro-ashi-dachi - one foot forward parallel stance

Kaiten - turning, moving forwards, revolving

Sagare - turning, moving back, retreating

Ura - spinning in stance

4th Kyu - Green belt

Stances: Heiko-dachi

Heisoku-dachi

Uchi-hachiji-dachi

Blocks: Shuto-jodan-uchi-uke

Shuto-jodan-uke

Shuto-chudan-uchi-uke – haito uchi

Shuto-chudan-soto-uke

Shuto-mae-gedan-barai

Shuto-mawashi-uke

Punches and Strikes: Shuto-sakotsu-uchi

Shuto-yoko-gammen-uchi

Shuto-hizo-uchi

Shuto-uchi-komi

Shuto-jodan-uchi-uchi

Kicks: Jodan-mawashi-geri (chusoku, haisoku)

Jodan-yoko-geri (sokuto)

Jodan-ushiro-geri

Kata:

Pinan-sono-Yon

Sokuge-Taikyoku-sono-San

Ura-Taikyoku-sono-Ni

Ura-Sokuge-Taikyoku-sono-Ichi

Sanchin-no-kata

Renraku / Ippon Kumite

Conditioning: Push-ups, Squats and Abdominal curls: age/amount-(10-13/40,50,50), (14+/55,70,70)

Kumite: 7*60sec

Terminology: Shuto - knife hand

Sakotsu - clavicle (collar bone)

Uchi-komi - strike forward (solar plexis)

Heiko-dachi - open parallel stance

Heisoku-dachi - feet together stance
Uchi-hachiji-dachi - toes turned in stance

3rd Kyu - Green belt with brown stripe

Stances: Kake-dachi

Blocks: Shuto-juji-uke (gedan, jodan)

Punches and Strikes:

Chudan-hiji-ate

Chudan-mae-hiji-ate

Age-hiji-ate (jodan, chudan)

Ushiro-hiji-ate

Oroshi-hiji-ate

Yoko-hiji-ate

Kicks: Ago-mae-geri

Mae-kakato-geri (jodan, chudan, gedan)

Kata:

Pinan-sono-Go

Ura-Taikyoku-sono-San

Ura-Sokuge-Taikyoku-sono-Ni

Tsuki-no-kata

Sayu Geiko: Jodan-mawashi-geri

Jodan-ushiro-mawashi-geri

Renraku / Ippon Kumite

Conditioning: Push-ups, Squats and Abdominal curls: age/amount- (14+/60(seiken 30 + 5 fingers 30),80,80)

Kumite: 8*60sec

Terminology: Oroshi - descending

Age - rising

Sayu-Geiko - practice of moving side to side

Kakato - heel

Kake-dachi - hook stance

2nd Kyu - Brown belt

Blocks: Koken-uke (jodan, chudan, gedan)

Punches and Strikes: Hiraken-tsuki (jodan, chudan)

Hiraken-oroshi-uchi

Hiraken-mawashi-uchi

Haishu

Age-tsuki

Kicks: Tobi-mae-geri

Tobi-ni-dan-geri

Ido Geiko: Alternative methods of Tobi-mae-geri

Tameshiwari: Optional break

Kata:

Pinan-sono-Ichi-Ura

Pinan-sono-Ni-Ura

Ura-Sokuge-Taikyoku-sono-San

Gekisai-Dai

Conditioning: Push-ups, Squats and Abdominal curls: age/amount- (14+/70(seiken 20 + 3 fingers 30 + koken 20),90,90)

Kumite: 9*60sec

Renraku / Ippon Kumite

Self-Defence

Students must prepare for severe tests of physical strength, stamina and fitness

Terminology: Tobi - jump
Tameshiwari - breaking
Hiraken - flat fist
Haishu - backhand
Koken - wrist top
Ni-dan - two levels

1st Kyu - Brown belt with gold stripe

Blocks: Kake-uke

Chudan-haito-uchi-uke

Punches and Strikes:

Ryuto-ken-tsuki

Naka-yubi-ippon-ken

Oya-yubi-ken

Kicks: Jodan-uchi-haisoku-geri

Uchi-oroshi-kakato-geri

Soto-oroshi-kakato-geri

Tobi-yoko-geri

Kata:

Pinan-sono-San-Ura

Gekisai-Sho

Saifa

Yantsu

Renraku / Ippon Kumite

Students must prepare for severe tests of physical strength, stamina and fitness

Students of this level should gain experience by assisting instructors

Conditioning: Push-ups, Squats and Abdominal curls: age/amount- (14+/80(seiken 30 + 2 fingers
30 + koken 20),100,100)

Kumite: 10*60sec

Tamishiwari: Optional break

Terminology:

Ryuto-ken - dragon's head fist

Oyayubi-ken - thumb knuckle fist

Nakayubi-ippon-ken - middle finger knuckle fist

Kake - hooking

Haito - inner knife hand (inside edge of hand)

Shodan - 1st Dan Black belt

Blocks: Morote-kake-uke

Osai-uke

Methods of defending with the legs

Punches and Strikes:

Morote-haito-uchi

Haito-uchi (jodan, chudan, gedan)

Kicks: Kake-geri (kakato, chusoku)

Ushiro-mawashi-geri

Ashi-barai

Kata:

Pinan-sono-Yon-Ura

Pinan-sono-Go-Ura

Seipai

Tensho

Renraku / Ippon Kumite:

Candidate should prepare ten sets

Tameshiwari:

(i) Mandatory break with seiken

(ii) Optional break (candidates choice)

Conditioning: Push-ups, Squats and Abdominal curls: age/amount- (16+/100(seiken 70 + 3 fingers 30),150,150)

Kumite: 10*60sec

Candidate must prepare for severe tests of physical strength, stamina and fitness.

Current First Aid Certificate required

Nidan - 2nd Dan Black belt

Blocks: Hiji-uke

Gedan-shotei-morote-uke

Gedan-shuto-morote-uke

Punches and Strikes:

Toho-uchi

Keiko-uchi

Kicks: Tobi-ushiro-geri

Tobi-ushiro-mawashi-geri

Tobi-mawashi-geri

Age-kakato-ushiro-geri

Kata:

Garyu

Seienchin

Renraku / Ippon Kumite:

Candidate should prepare ten sets

Conditioning: Push-ups, Squats and Abdominal curls: age/amount- (21+/100(seiken 50 + 3 fingers 50),150,200)

Kumite: 20*60sec

Current First-Aid Certificate required

Terminology: Toho - sword peak hand

Keiko - chicken beak hand

Sandan - 3rd Dan Black belt

Kata:

Kanku

Sushi-ho

Devise own kata to a standard expected of a Sensei

Renraku / pre-arranged Kumite:

Candidate should prepare:

Ten renraku / pre-arranged kumite

Conditioning: Push-ups, Squats and Abdominal curls: age/amount- (25+/100,150,200)

W.U.K.O. / Clicker / Knockdown

Ten pre-arranged kumite for self defence

Kumite: 30*60sec

Yondan - 4th Dan Black belt

Advancement to this grade will be on recommendation ONLY

Current First-Aid Certificate required

Current CV of Karate History, Competitions, Courses, Qualifications etc.

P.S.: Information about Sanbon Kumite, Ippon Kumite, Renraku, Bunkai, P.T will receive only at the seminar.