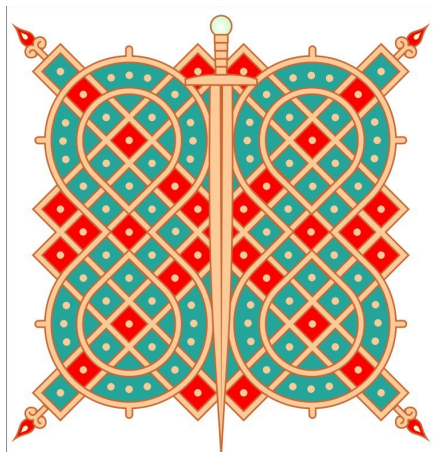


KYOKUSHIN BUDOKAI KAN

I approve  
kancho Georgy Astafyev  
January 01, 2021

**KYOKUSHIN BUDOKAI KAN  
ASTAFIEV RYU**



**QUALIFICATION REQUIREMENTS**

12 kyu — 3 dan

Novosibirsk, Russia 2020

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KYOKUSHIN BUDOKAI KAN

**12 kyu-student  
(white belt with one black stripe)**



*Racks (Cottages-vase)*

1. Haisoku dachi
2. Musubi dachi
3. Heiko dachi

4. Uchi fudo dachi
5. Fudo dachi

*Punches (Te-waza)*

1. Seiken morote tsuki (jodan, chudan, gedan)
2. Seiken oi tsuki (jodan, chudan, gedan)

*Blocks with your hands (Uke-waza)*

1. Seiken gedan barai.
2. Seiken otoshi uke.
3. Morote jodan nukite uke.

*Kicks (Geri-waza)*

1. Mae hiza geri (chudan)

*Condition*

1. Push-ups on fists (seiken)- 15 times
2. Squats-20 times
3. Abs exercise-20 times
4. Hiza geri chudan (2 minutes from Fudo dachi)

*Theory:*

Ritual, dojo etiquette.

KYOKUSHIN BUDOKAI KAN

**11 kyu-student**  
**(white belt with two black stripes)**



*Racks (Cottages-vase)*

1. Yoy dachi
2. Zenkutsu dachi

*Punches (Te-waza)*

1. Tate-tsuki (gedan, chudan, jodan)

*Blocks with your hands (Uke-waza)*

1. Seiken uchi uke.

2. Seiken soto uke.
3. Seiken jodan ukyo.

*Kicks (Geri-waza)*

1. Mae hiza geri (jodan)
2. Kin Gehry

*Formal Exercises (Kata)*

Taikioku sono ichi

*Sanbon kumite*

# 1

\* Tori from Fudo dachi - Zenkutsu dachi attacks with three steps Seiken chudan oh tsuki.

· Uke from Fudo dachi - Zenkutsu dachi defends with three steps Seiken soto uke. On the third step, Seiken soto uke performs with a powerful left elbow work-down and on the "stretch", then counterattacks Seiken migi chudan gyaku tsuki.

#2

\* Tori from Fudo dachi - Zenkutsu dachi attacks with three steps Seiken chudan oh tsuki.

· Uke from Fudo dachi - Zenkutsu dachi defends with three steps Seiken soto uke. On the third step, Seiken soto uke moves with a powerful left elbow work-down and on the "stretch", then counterattacks Seiken migi gyaku tsuki.

No. 3

\* Tori from Fudo dachi - Zenkutsu dachi attacks with three steps Seiken jodan oh tsuki.

· Uke from Fudo dachi - Zenkutsu dachi defends with three steps Seiken soto uke. On the third step, Seiken soto uke performs with a powerful left elbow work-down and on

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KYOKUSHIN BUDOKAI KAN

"protyag", then counterattacks Seiken jodan migi gyaku tsuki.

# 4

\* Tori from Fudo dachi-Zenkutsu dachi attacks with three steps Mae chudan hiza geri.

\* Uke is defended by Seiken soto uke. With the third block, Seiken migi jodan gyaku tsuki is attacked to the side and

*Ippon kumite*

# 1

\* Tori from Fudo dachi-Zenkutsu dachi attacks Seiken chudan oh tsuki.

· Uke from Fudo dachi - Zenkutsu dachi defends Seiken soto uke. Counterattack-Seiken chudan migi gyaku tsuki.

# 2

\* Tori from Fudo dachi-Zenkutsu dachi attacks Chudan mae-hiza-geri.

\* Fudo dachi Uke - Zenkutsu dachi is defended by Seiken soto uke. Counterattack-Seiken chudan migi gyaku tsuki.

No. 3

\* Tori from Fudo dachi-Zenkutsu dachi attacks Seiken chudan migi oh tsuki.

· Uke from Fudo dachi - Zenkutsu dachi defends Seiken migi gedan barai, counterattacks Seiken soto uke.

### *Condition*

1. Push-ups on fists (seiken)- 20 times
2. Squats-25 times
3. Abs exercise-25 times
4. Kin Geri (2 minutes from Fudo dachi)

### *Theory:*

The history of Kyokushin. Kyokushin founders-Masutatsu Oyama, Kenji Kurosaki and others

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## KYOKUSHIN BUDOKAI KAN

### **10 kyu (orange belt)**



#### *Racks (Cottages-vase)*

1. Ju kamae te dachi
2. Moro ashi dachi
3. Kiba Dachi (3 ways to move)

#### *Punches (Te-waza)*

1. Seiken gyaku tsuki (jodan, chudan, gedan).
2. Jun tsuki (jodan, chudan, gedan)

#### *Blocks with your hands (Uke-waza)*

1. Gadan kagite uke ("monkey hook")
2. Seiken uchi uke/Seiken gedan barai.

#### *Kicks (Geri-waza)*

1. Mae geri chusoku chudan
2. Mae geri chusoku kyoage

#### *Formal Exercises (Kata)*

Taikioku sono ni

*Sanbon kumite*

# 1

\* Tori from Fudo dachi - Zenkutsu dachi attacks with three steps Seiken jodan oi tsuki.

· Uke from Fudo dachi - Zenkutsu dachi is defended by Jodan uke. On the third step, he holds a head grab and counterattacks Migi hiza gunman geri.

# 2

\* Tori from Fudo dachi-Zenkutsu dachi attacks Chudan mae geri with three steps from the front foot.

\* Uke from Fudo dachi - Zenkutsu dachi is defended from Hidari zenkutsu dachi-Seiken hidari gedan barai. Then Seiken chudan migi gyaku tsuki counterattacks.

# 3

\* Tori from Fudo dachi-Zenkutsu dachi attacks in three steps: Seiken jodan oh tsuki; Seiken chudan oh tsuki; Seiken gedan oh tsuki.

\* Fudo dachi uke - Zenkutsu dachi defended by: Seiken jodan uke; Seiken soto uke; Seiken mae gedan barai. Then Seiken chudan counterattacks gyaku tsuki.

№ 4

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### KYOKUSHIN BUDOKAI KAN

\* Tori from Fudo dachi - Zenkutsu dachi attacks with three steps Seiken gedan oh tsuki.  
· Uke from Fudo dachi - Zenkutsu dachi defends Seiken gedan barai from the inside. The Uke performs with a "stretch" and an internal hand grab, counterattacks Migi kin geri.

#### *Ippon kumite*

# 1

\* Tori from Fudo dachi-Zenkutsu dachi attacks Seiken gedan oh tsuki.

· Uke from Fudo dachi - Zenkutsu dachi defends Seiken gedan barai (inside and inside hand grab) Kuzushi. Counterattack-Migi kin gehry.

# 2

\* Tori from Fudo dachi-Zenkutsu dachi-Kamae dachi attacks Chudan mae geri, from the front leg.

\* Uke from Fudo dachi - Zenkutsu dachi from defended by Seiken gedan barai (outside). Counterattack-Seiken chudan gyaku tsuki.

# 3

\* Tori from Fudo dachi-Zenkutsu dachi attacks Chudan mae geri.

\* Uke from Fudo dachi-Kamae dachi with a step forward is defended by Gedan kagite uke (outside). Counterattack — Seiken chudan gyaku tsuki.

№ 4

\* Tori from Fudo dachi-Migi zenkutsu dachi attacks with a Hidari step zenkutsu dachi. Seiken chudan oi tsuki.

\* Uke defends: from Fudo dachi via the left sub-step to Heisoku dachi, then to Hidari kiba dachi 45 degrees with Hidari uchi uke-Hidari zenkutsu dachi. Counterattack: Kuzushi + Seiken chudan migi gyaku tsuki.

№ 5

\* Tori from fudo dachi attacks in Migi zenkutsu dachi-Seiken chudan migi oi tsuki (with a jump).

\* Uke from Fudo dachi to Migi zenkutsu dachi with Migi uchi uke. Counterattack: Kuzushi + Hidari Seiken chudan gyaku tsuki.

#### *Ju ippon kumite*

Tori from Hidari kamae dachi-Migi kamae dachi attacks Seiken chudan oh tsuki.  
Hidari kamae dachi uke is defended by Seiken hidari soto uke. Counterattack-  
(kuzushi)  
Seiken jodan migi tate tsuki.  
*Condition*

1. Push - ups on fists-25 times
2. Squats - 30 times

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### KYOKUSHIN BUDOKAI KAN

3. Abs exercise-30 times
4. Mae geri chusoku keage - 3 minutes from fudo dachi
5. Fight (kumite) 1 fight - 1 minute.

### *Theory*

1. History of Kyokushin Budokai Karate (IBK).
2. Principles of motion (Point of equilibrium, point of rotation)

## KYOKUSHIN BUDOKAI KAN

**9 kyu**  
**(orange belt with blue stripe)**

*Racks (Cottages)*

1. Sanchin dacha.
2. Kokutsu dachi.
3. Kumite dachi.

*Punches (Te-waza)*

1. Shotei mawashi uchi (jodan, chudan).
2. Seiken ago uchi
3. Seiken mawashi tsuki (jodan, chudan)

*Blocks with your hands (Uke-waza)*

1. Shotei uke (chudan, gedan, jodan)
2. Haito uke/gedan shotei uke (Kurosaki block from kokutsu dachi)
3. Seiken ura mawashi uke
4. Shuto jodan uke

*Kicks (Geri-waza)*

1. Mae geri chusoku (jodan)
2. Mawashi hiza geri
3. Mawashi geri haisoku (jodan, chudan, gedan)

*Formal Exercises (Kata)*

Taikioku jodan sono ichi. (note \*\*).

*Sanbon kumite*

№ 1

Tori from Fudo dachi-Zenkutsu dachi attacks with three steps Seiken jodan oh tsuki (Hidari+Migi+Hidari).

Uke from Fudo dachi-Zenkutsu dachi is defended by Hidari shotei uke jodan from the inside. Counterattack-grabbing the wrist, pulling down and Migi jodan shotei mawashi uchi.

# 2

: Tori of Fudo dachi-Zenkutsu dachi attacks in three steps: Seiken jodan mawashi tsuki (hook) (Hidari+Migi+Hidari).

Fudo dachi Uke-Migi zenkutsu dachi is defended by Migi Shuto jodan uke.

Counterattack: Hidari jodan shotei Mawashi uchi.

№ 3

Tori from Fudo dachi-Zenkutsu dachi attacks in three steps Seiken jodan oh tsuki



KYOKUSHIN BUDOKAI KAN

(Migi+Hidari+Migi).

Uke from Fudo dachi - Zenkutsu dachi defends three steps Shotei uke jodan (Hidari+Migi+Hidari). The third block executes with a "stretch " up, then counterattacks Migi chudan gyaku tsuki.

№ 4

Tori from Fudo dachi-Zenkutsu dachi attacks with three steps Seiken chudan oh tsuki (Migi+Hidari+Migi).

Fudo dachi uke-Zenkutsu dachi defends with two steps of Seiken uchi uke, the third step is taken by Seiken migi ura mawashi uke, which turns into a hand grab with a "stretch " down (Kuzushi), then counterattacks Hidari jodan gyaku tsuki.

*Sanbon kumite kyukushin budokai*

№1

Tori attacks in three steps from Hidari kumite dachi Mae geri chudan (Migi+Hidari+Migi).

УК Uke is defended from Kumite dachi with Shotei uke gedan (Hidari+Migi+Hidari). Counterattacks with the "deuce": Hidari chudan mae geri/Seiken migi jodan gyaku tsuki.

# 2

To Tori attacks from Zenkutsu dachi with three steps Seiken chudan oh tsuki.

Uke defends from Migi zenkutsu dachi with two steps Seiken uchi uke, third step with Seiken ura mawashi uke + (Kudzushi in migi kokutsu dachi) and counterattacks with Migi chudan mae geri and then Hidari jodan gyaku tsuki.

*Ippon kumite*

№ 1

Tori from Kumite dachi attacks from the back foot of Kin Geri.

Uke is defended from the Kurosaki stance by Hidari shotei uke gedan (right hand). covers the groin). Seiken migi jodan gyaku tsuki completes

# 2

: Tori of Kumite dachi attacks Migi kin geri.

Uke defends from Kamae dachi to the Kurosaki stance of Migi gedan shotei uke, then counterattacks Hidari chudan mae geri.

№ 3

Tori from Hidari kumite dachi-Migi kamae dachi attacks Seiken migi jodan oh tsuki.

Hidari kamae dachi uke-Kumite dachi is defended by Hidari jodan shotei uke. Counterattack - Seiken migi chudan mawashi tsuki.

№ 4

To Tori from Fudo dachi-Migi Zenkutsu dachi attacks Seiken migi chudan oh tsuki.

Uke from Fudo dachi-Migi Zenkutsu dachi defends Seiken migi ura mawashi uke (kuzushi). Counterattack - Seiken jodan hidari gyaku tsuki.

KYOKUSHIN BUDOKAI KAN

*Ju ippon kumite*

№ 1

Tori of Hidari kumite dachi attacks Migi kin geri.

Uke defends with a backstretch from Kurosaki with Hidari gedan shotei uke.  
Hidari chudan mae geri counterattacks.  
And ends with Hidari jodan tate tsuki.

# 2

To Tori from Hidari kamae dachi-Migi kamae dachi attacks Seiken chudan oh tsuki.  
Uke defends from Hidari kamae dachi to Migi kokutsu dachi with Seiken ura  
mawashi Counterattacks Migi chusoku mae geri-Seiken hidari jodan gyaku tsuki.

#### *Combat kata (Renshu)*

To Tori of Hidari kumite dachi attacks with a Seiken migi jodan oi tsuki step.  
Uke of Fudo dachi defends by lunging back into the Kumite dachi stance with Haito  
uke shotei uke.

Peper Flows into Hidari kamae dachi and counterattacks Migi jodan tate gyaku  
tsuki.

Both return to Kamae dachi.

#### *Kyokushin kumite*

№ 1

Tori of Hidari kamae dachi attacks Migi chudan mae geri.  
УК Uke defends from Hidari kamae dachi, lunges back into the  
left-hand Kurosaki stance. He holds his hands like this:  
Top left in the Haito uke position.

Right in the position of Migi gedan shotei ukyo.

Then performs, Hidari chudan mae geri.

After that-Migi jodan age tsuki, adds Seiken hidari jodan mawashi tsuki (hook).

Grabs tori by the neck and completes Migs gunman heza geri.

Pushes Tori down.

Both return to Hidari kamae dachi.

#### *Condition*

1. Push-ups on fists (seiken) - 30 times
2. Squats-40 times
3. Abs exercise-35 times
4. Mawashi geri chudan (4 minutes travel time from Kamae dachi)
5. Duel (kumite) 3 fights - 1 minute each

#### *Theory*

1. Principles of movement: Kudzushi, Tsukuri, Kake
2. Meaning and methods of kumite

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KYOKUSHIN BUDOKAI KAN

**8 kyu**  
**(blue belt)**



#### *Racks (Cottages)*

1. Chic cottages
2. Kake dachas
3. Tsuru ashi dachi
4. Tsuru komi dachi
5. Neko ashi dachi.

### *Punches (Te-waza)*

1. Shita tsuki (3 ways)
2. Shotei uchi (chudan, gedan, jodan) ("basic kick")
3. Uraken shomen uchi
4. Seiken tobi nagashi tsuki.

### *Blocks (Uke-waza)*

1. Sukui uke
2. Seiken morote uchi uke (gedan, chudan)
3. Juji uke (jodan, gyodan)
4. Shuto mawashi uke
5. Mawashi geri's jodan defense # 1 (right at the temple of Migi shotei uke, left in front of Hidari haishu uke)
6. Morote shotei uke (jodan, chudan, gedan)

### *Kicks (Geri-waza)*

1. Mawashi geri chusoku (jodan, chudan, gedan).
2. Low kick.
3. Momo uchi (internal Low kick).

### *Blocks with your feet (Uke-waza).*

1. Sune kote uke
2. Sune uke

### *Formal Exercises (Kata)*

1. Taikioku sono san
2. Dachi kata. (Note \*)

### *Sanbon kumite*

#1

: Tori of Fudo dachi-Zenkutsu dachi attacks with three steps Gedan mawashi geri

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## KYOKUSHIN BUDOKAI KAN

(Migi+Hidari+Migi).

Fudo dachi uke-Hidari Zenkutsu dachi defends three steps Sune soto uke (Hidari+Migi+Hidari), counterattacks Migi hiza geri.

# 2

Tori of Fudo dachi-Zenkutsu dachi attacks three-step Jodan haisoku mawashi geri. Uke from Fudo dachi-Zenkutsu dachi defends two steps with a block from "mawashi" - defense #1, on the third step catches tori on the elbow and knocks her over.

### *Sanbon kumite kyukushin budokai*

# 1

: Tori attacks in three steps from Hidari kamae dachi, only Mae geri chudan chusoku alternately, starting with right foot + left + right.

Uke defends from Fudo dachi: a gliding jump to Hidari kamae dachi, another equally fast move to Hidari kokutsu dachi, then a quick transition to Hidari kiba dachi and, - picking up Sukui uke's kicking tori leg with his left hand, flows into Hidari zenkutsu dachi, performs a left elbow control of tori's shoulder and completes Seiken migi shita gyaku Tsuki in Tori's back.

# 2

: Tori attacks in three steps from Hidari kamae dachi, Mae geri chudan chusoku, starting with right foot + left + right.

Uke from Fudo dachi defends by going to Migi kamae dachi, then going to Hidari kamae dachi, then moving away with a sliding jump to Hidari kiba dachi, picks

up Sukui uke's kicking tori's leg with his left hand, flows into Hidari zenkutsu dachi, performs a left elbow control of tori's shoulder, and completes Seiken migi shita gyaku tsuki in tori's back.

*Ippon kumite*

No. 1

Tori Hidari kamae dachi > Migi zenkutsu dachi with Seiken migi jodan oh tsuki.

Uke Hidari Kamae dachi > Hidari kokutsu dachi with Seiken hidari uchi uke/ Uraken migen uchi

No. 2

To Tori from Hidari kamae dachi-Migi kamae dachi attacks with Seiken jodan migi oi tsuki.

Uke performs Seiken migi soto uke and then, with the same hand, counterattacks Uraken migen uchi.

*Ju ippon kumite*

# 1

Tori from Hidari kamae dachi > with the Hidari kamae dachi substep with Migi chudan mae geri.

Uke Hidari mae tsuki/Hidari chudan shovashi tsuki/Migi chudan mae geri > Seiken

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## KYOKUSHIN BUDOKAI KAN

Tori from Hidari kamae dachi > with the Hidari kamae dachi sub-step with Seiken jodan migi tsuki/ Seiken hidari chudan oh tsuki.

Uke Hidari kamae dachi > with Seiken hidari uche uke / Seiken hidari soto uke/Seiken gedan barai > (kuzushi) Hidari chudan mae geri.

# 3

Tori from Hidari kamae dachi > with the Hidari kamae dachi substep, Seiken migi chudan gyaku tsuki

Uke Hidari kamae dachi > with Seiken hidari soto uke/Seiken migi jodan gyaku tsuki > kuzushi for tori's right shoulder/Migs of hiz geri.

# 4

Tori of Hidari kamae dachi-Hidari kumite dachi attacks Hidari gedan mawashi geri.

Hidari kamae dachi Uke is defended by Migi sune uke, counterattacked by Seiken migi gyaku tsuki and completes the Migi gedan by Mawashi geri.

# 5

Tori of Hidari kumite dachi attacks Migi gedan mawashi geri.

Hidari kumite dachi uke-Hidari kamae dachi defends Hidari sune uke, counterattacks Migi gyaku tsuki, Hidari mawashi tsuki jodan, and finishes Migi gedan mawashi geri.

*Combat kata (Renshu)*

To Tori attacks from Hidari kamae dachi-Migi kamae dachi /Seiken migi chudan oh tsuki.

Uke defends:

Uke From Hidari kamae dachi Seiken hidari soto uke and transfers the block to Seiken

**Hidari** use your right hand to perform Shuto sakotsu uchi.  
Захват Grabs Tori's neck with his right hand.  
Миг Counterattacks Migi chudan hiza geri.  
Уб Moves his right leg back into the Hidari kokutsu dachi with Shuto mawashi uke.  
Returns to Hidari kamae dachi.  
*Kyokushin kumite No. 2*

To Tori attacks from Hidari kamae dachi with a step to Migi kamae dachi, Seiken jodan oi tsuki/ Seiken jodan hidari gyaku tsuki.  
Uke defends Hidari kamae dachi-Hidari kokutsu dachi:  
Seiken hidari uchi uke / Hidari soto uke / with translation in Seiken hidari gedan barai.  
Выполняет Performs a grab and hits Hidari chudan mae geri.  
Uke pulls through and enters with Migi shuto sakotsu uchi.  
Затем Then Migi hiza geri chudan.  
Фикси Captures the position of the Miga kamae dachi.  
And both return to Hidari kamae dachi.

### *Condition*

1. Push-ups on fists-35 times

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## KYOKUSHIN BUDOKAI KAN

2. Squats-45 times
3. Abs exercises-40 times
4. Low kick - 5 minutes of travel in Kamai dachi.
5. Fight (kumite) 6 fights - 2 minutes each.

### *Theory*

1. Types of combat in the IBC. To reveal the concept of "Tanden". "History of martial arts in the world"
2. Principles of Kuzushi movement: Happo; Tendo; Oroshi

## KYOKUSHIN BUDOKAI KAN

**7 kyu**  
**(blue belt with yellow stripe)**

*Punches (Te-waza)*

1. Tatsui oroshi ganmen uchi
2. Tatsui komi kami uchi
3. Tatsui hizo uchi
4. Tatsui mae yoko uchi (jodan, chudan, gedan)
5. Tatsui yoko uchi (jodan, chudan, gedan)
6. Hij uchi (jodan, chudan).
7. Ura tatsui yoka uchi.

*Blocks (Uke-vaza)*

1. Seiken mawashi gedan barai
2. Jodan defense by Mawashi geri # 2 (left hand at the temple of Hidari haishu uke, right hand in front of Migi shotei uke).
3. Koken uke (jodan, chudan)

*Kicks (Geri-waza)*

1. Teisoku soto mawashi keage
2. Haisoku uchi mawashi keage
3. Sokuto yoko keage

*Kicking Blocks (Uke-waza)*

Hiza uke geri / sayu uke

*Formal exercises (Kata)*

1. Pinan sono ichi
2. Sokugi Taikioku sono ichi

*Sanbon kumite*

#1

: Tori of Fudo dachi-Zenkutsu dachi attacks with three steps Mawashi geri jodan (Migi+Hidari+Migi).

Uke from Fudo dachi-Zenkutsu dachi defends with a three-step block-defense #2,

counterattacks Seiken chudan gyaku tsuki, and finishes with Hidari chudan hij uchi.  
# 2  
: Tori from Fudo dachi-Zenkutsu dachi attacks with three steps Seiken jodan oh tsuki  
(Migi+Hidari+Migi)  
Fudo dachi Uke - Zenkutsu dachi is defended by Shotei uke (Hidari+Migi+Hidari)

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## KYOKUSHIN BUDOKAI KAN

jodan and counterattacks-Migi chudan gyaku hij uchi.

### *Sanbon kumite kyukushin budokai*

# 1

: Tori from Hidari kamae dachi attacks Migi chudan mae geri + Hidari chudan mae geri  
+ Migi chudan mae geri.

Uke is protected by:

The first step from Fudo dachi goes to Hidari kamae dachi, the second step to Migi  
Kamae dachi, on the third attack, defends with a quick leaping move to the left from  
Migi

Uke can grab Tori's right hand, pulls it through and completes Hidari's  
counterattack tsuki.

# 2

: Tori from Hidari kamae dachi attacks Migi chudan mae geri + Hidari chudan mae geri  
+ Migi chudan mae geri.

Uke is protected by:

On the first step from Fudo dachi, he moves to Migi dachi, on the second step to Hidari  
kamae dachi, and on the third attack, he defends himself by quickly jumping to the left from  
Migi gedan

Uke can grab Tori's right hand, he pulls it through and completes the counterattack  
Hidari gyaku tate tsuki.

### *Ippon kumite*

# 1

: Tori attacks from Hidari kamae dachi-Migi kamae dachi. Seiken migi jodan oh tsuki.

Uke from Hidari kamae dachi is defended by Seiken hidari jodan uke (from inside),  
then with the counterattacks Seiken jodan tate tsuki, makes a capture and completes

Migi  
jodan hij uchi.

# 2

Tori from Hidari kamae dachi-Hidari kamae dachi attacks Seiken migi jodan mawashi  
tsuki (hook).

Uke from Hidari kamae dachi is defended by Hidari jodan shuto uke and  
counterattacks by Migi

No. 3

To Tori from Hidari kamae dachi-Migi kamae dachi attacks Seiken migi jodan oh tsuki.

Uke from Hidari kamae dachi defends Hidari jodan shotei uke and counterattacks Migi  
chudan hiji uchi.

### *Ju ippon kumite*

# 1

Tori Hidari kamae dachi-Hidari kamae dachi attacks Hidari chudan mawashi geri.

Uke defends in Hidari kamae dachi, Migi sune uke, puts his foot in Migi kake dachi,  
counterattacks Migi chudan mawashi geri and with a lunge in Migi kamae dachi,  
finishes

## KYOKUSHIN BUDOKAI KAN

Seiken chudan hidari gyaku tsuki.

# 2

: Tori attacks from Hidari kamae dachi. Migi chudan mawashi geri.

защит Uke in Hidari kamae dachi defends Hidari sune uke, puts his foot in Hidari kake dachi, counterattacks Hidari mawashi geri and completes Seiken migi gyaku tsuki.

No. 3

: Tori of Hidari kamae dachi attacks Migi chudan mae geri.

Ук Uke defends in Hidari kamae dachi, Migi gedan barai, counterattacks Hidari gedan mawashi geri and finishes Hidari haisoku mawashi uchi keage.

# 4

: Tori attacks from Hidari kamae dachi Hidari chudan mae geri.

Ук Uke defends in Hidari kamae dachi, Hidari gedan barai, counterattacks Migi gedan mawashi geri, and completes Migi haisoku mawashi uchi keage.

№ 5

Tori of Kumite dachi attacks Migi chudan mae geri.

Hidari kamae dachi uke-Migi kumite dachi with a step forward under 45 gr.

Defends Migi gedan kagite uke, performs shoulder control Migi shotei uke and counterattacks Seiken hidari ago uchi.

*Battle kata (Renshu*

: Tori of Hidari kamae dachi attacks Migi chudan mae geri.

Hidari kamae dachi's Uke is defended by Hidari sune uke/Hidari soto uke.

Grabs a left hand for the goal,

Migi jodan tate gyaku tsuki.

Возврат Return to Hidari kamae dachi.

*Kyokushin kumite No. 3*

Tori attacks from Hidari kamae dachi, Hidari mae geri.

Uke in Hidari kamae dachi, defended by Hidari gedan kagite uke, enters with Hidari jodan hij uchi+Seiken migi shito gyaku tsuki performs a catch and, with a right-foot substep, passes O-SOTO-GARI with his left foot.

Контроль Right hand control and left hand finishing to the head.

Возврат Return both to Hidari kamae dachi.

*Condition*

1. Push-ups on seiken-45 times
2. Squats-50 times
3. Abs exercise-45 times
4. Yoko geri keage (3 minutes in Zenkutsu dachi)
5. Teisoku soto mawashi keage (2 minutes to Zenkutsu dachi)
6. Haisoku uchi mawashi keage (2 minutes in Zenkutsu dachi)
7. Fight (kumite) 7 fights - 2 minutes each



*Theory*

The philosophy of karate. The idea of "hito-tsuki, hito-geri". Reveal the concept of "Meditation"

KYOKUSHIN BUDOKAI KAN

**6 kyu**  
**(yellow belt)**



*Punches (Te-waza)*

1. Uraken sayu ganmen uchi
2. Uraken hiza uchi
3. Uraken oroshi ganmen uchi
4. Uraken yoko uchi
5. Uraken mawashi uchi
6. Hij chudan ago uchi

*Blocks with your hands (Uke-waza)*

1. Teisho (uchi uke), (soto uke), (osae uke).
2. Seiken gyaku gedan barai
3. Haito uke (chudan, gedan)

*Kicks (Geri-waza)*

1. Kansetsu geri
2. Sokuto yoko geri (jodan, chudan)
3. Ushiro geri kakato (jodan, chudan, gadan) - 3 ways.

*Kicking Blocks (Uke-waza)*

1. Mikazuki uke
2. Cheers mikazuki uke

*Formal Exercises (Kata)*

1. Pinan-sono-ni
2. Sokugi Taikioku sono ni, sono san.
3. Taikioku sono san Kyokushin

*Sanbon kumite kyukushin budokai*

№ 1

Tori from Hidari kamae dachi attacks: first step with Migi Mae Geri, second step with Hidari mae geri, and through Tsuru komi dachi, again Hidari mae geri.

Uke from Fudo dachi is defended by:

On the first step, by going to Hidari kamae dachi, then to Migi kamae dachi, on the third attack, he defends himself through a step with his left foot to the left and:

Picking up with your right hand (Sukui uke) kicking leg, pulling it, controlling tori's right shoulder, counterattacking Hidari tate gyaku tsuki.

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KYOKUSHIN BUDOKAI KAN

# 2

: Tori from Hidari kamae dachi attacks Migi mae geri, hidari mae geri and through Tsuru komi dachi completes Hidari mae geri.

УК Uke defends: moves from Fudo dachi to Migi kamae dachi and Hidari kamae.

Departure to Hidari kamae dachi (on Tsuru komi dachi), picks up with the right hand Sukui uke (pulls his leg), controls the opponent's left hand with his right hand , and completes the Hidari tate gyaku tsuki.

*Ippon kumite*

№ 1

Tori from Hidari kamae dachi to Migi kamae dachi attacks with Seiken hidari jodan gyaku tsuki.

X Hidari kamae dachi uke defends by moving in a circle, dodging, grabbing tori's left arm with Teisho uchi uke's left hand and yanking on himself (kuzushi).

IIIar Steps forward with his right foot in Migi kamae dachi with Migi jodan shotei uchi.

# 2

: Tori of Hidari kamae dachi attacks Migi chudan mae geri.

Uke from Hidari kamae dachi changes his stance to Migi kamae dachi by going left from Migi barai.

Grabs tori's right shoulder with his right hand and completes the counterattack of Migi ansetsu geri.

№ 3

Tori attacks from Hidari kumite dachi-Migi kamae dachi. Seiken jodan migi oh tsuki.

Uke from Hidari kamae dachi is defended by Hidari teisho uchi uke, with a forward step Hidari kamae dachi and counterattacks Migi uraken shomen gunmen uchi.

№ 4

Tori from Hidari kamae dachi attacks ush'iro geri's Migi from the back foot.

Uke from Hidari kamae dachi defends Hidari gyaku gedan barai, counterattacks Seiken jodan migi gyaku tsuki.

№ 5

Tori attacks from Hidari kamae dachi to Hidari kake dachi with a step to Tsuru komi dachi right foot, left hidari chudan ushiro geri.

Hidari uke kamae dachi is defended by Migi haito uke, counterattacked by Seiken hidari jodan oh tsuki.

### *Ju ippon kumite*

# 1

Tori from Hidari kamae dachi > Hidari kamae dachi with a substep, Migi seiken jodan gyaku tsuki.

Uke from Hidari kamae dachi > with Hidari seiken uche uke /kuzushi/Migi uraken shomen

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## KYOKUSHIN BUDOKAI KAN

uchi/ Seiken migi shito tsuki > Migs of hiz geri. Right hand on Tori's neck.

# 2

: Tori of Hidari kamae dachi attacks Yoko geri's Migi chudan.

Hidari kamae dachi uke defended by: Seiken hidari soto uke, Seiken migi gyaku tsuki and completes the Migi gedan by Mawashi geri.

# 3

: Tori from Hidari kamae dachi attacks Migi gedan mawashi geri.

Hidari kamae dachi's Uke is defended by Hidari sune / kote uke and counterattacked by Seiken hidari oi tsuki.

Продолжает Continues Migi gedan mawashi geri.

Yoko geri completes the Migi with a left-footed step through Tsuru komi dachi.

# 4

: Tori of Hidari kamae dachi attacks Migi mae geri.

Uke from Hidari kamae dachi is defended by Hidari gedan kagite uke, counterattacked by Hidari chudan yoko geri.

And completes the Migi chudan by Mawashi geri.

# 5

To Tori Hidari kamae dachi > Hidari kamae dachi attacks Seiken jodan migi gyaku

tsuki/hidari chudan mawashi tsuki/Migi low kick.

Uke Hidari kamae dachi > with Hidari seiken uche uke / Migi seiken shito tsuki >  
Seiken  
*Battle kata (Renshu*

: Tori of Hidari kamae dachi attacks Yoko geri's Migi chudan.

Uke defends from Hidari kamae dachi to Hidari neko ashi dachi with a Hidari haito uke block.

Tori counterattacks from behind Migi kin geri with a lunge at Migi zenkutsu dachi.

Зверш Ends with a Hidari tate to gyaku tsuki in the back of the head.

*Kyokushin kumite No. 4*

Tori of Hidari kamae dachi attacks Migi chudan mae geri and Migi jodan uraken yoko.

Ук Uke is defended by quickly moving the right foot back-to the left, and turning 90.

He gets attached to the kicking leg and gives Tori a lift, blocking Hidari sukui uke.

Защит Defends against the Uraken of yoko tori-Migi jodan shuto uke and grabs the punching

He grabs the back of Tori's collar with his left hand, steps back to the right with his right hand, Tori's support, and throws him to the ground.

придерж Holds Tori's hands with his right hand and completes the counterattack with his left.

*Condition*

1. Push-up on fists (seiken) - 50 times
2. Squats-60 times
3. Abs exercises-50 times

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#### KYOKUSHIN BUDOKAI KAN

4. Kansetsu geri - (2 minutes from Kamae te dachi)
5. Yoko geri chudan - (2 minutes from Kamae tae dachi)
6. Ushiro geri kakato (4 minutes travel time from Kamae dachi)
7. Fight (kumite) 8 fights - 2 minutes each

*Theory*

Concentration, relaxation. Kime's connection to kiai. Meaning of the kata.

## KYOKUSHIN BUDOKAI KAN

**5 kyu****(yellow belt with green stripe)***Punches (Te-waza)*

1. Shuto sakotsu uchi
2. Shuto sakotsu uchi komi
3. Shuto hizo uchi
4. Shuto yoko uchi (jodan, chudan)
5. Shuto ganmen uchi
6. Seiken gyaku oroshi tsuki

*Blocks (Uke-waza)*

1. Mae shuto mawashi uke
2. Shuto soto uke
3. Shuto mae gedan barai
4. Shuto juji uke (jodan, gyodan)
5. Shuto uchi uke
6. Morote otoshi shuto uke

*Kicks (Geri-waza)*

1. Ura mawashi geri (jodan, chudan, gedan) 2 ways
2. Toby mae hiza gehry
3. Ushiro mawashi geri (jodan, chudan, gedan) 2 ways.

*Formal Exercises (Kata)*

1. Sanchin no kata
2. Pinan Sono San

*Sanbon kumite kyukushin budokai*

: Tori attacks in three steps from Hidari kamae dachi (Migi+Hidari+Migi) Seiken jodan oh tsuki.  
Uke from Fudo dachi defends from Zenkutsu dachi by two steps Seiken jodan uke (Hidari+Migi), the third defense from Fudo dachi is Seiken hidari jodan uke, with an understep left, same hand, counterattack Seiken hidari jodan oh tsuki and adds after Migi jodan hij uchi.

No. 2

Tori attacks with three steps from Hidari kamae dachi Seiken jodan oh tsuki (Hidari+Migi+Hidari).

Fudo dachi uke defends two steps from Zenkutsu dachi Hidari Seiken jodan uke (from inside) Migi seiken jodan uke.. Third step left back to Migi kamae dachi,

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## KYOKUSHIN BUDOKAI KAN

holds a right-handed grip on the opponent's left shoulder. Hidari jodan hij uchi counterattacks.

No. 3

To Tori from Hidari kamae dachi-Migi kamae dachi attacks Migi jodan oh tsuki.

Uke from Fudo dachi steps back in

Migi kamae dachi with Migi jodan uke/ Migi uraken shomen ganmen uchi.

Tori's left shoulder grab with a right hand and Seiken hidari jodan gyaku tsuki.

### *Ippon kumite*

# 1

To Tori from Hidari Kamae dachi to Migi zenkutsu dachi attacks with Migi jodan oh tsuki.

Uke defends by showing from Hidari Kamae dachi to the left and counterattacks the Migi jodan of mawashi geri.

# 2

Tori from Hidari Kamae dachi in Hidari Kamae dachi attacks Seiken hidari jodan oh tsuki.

Uke from Hidari kamae dachi with a left - handed block of Hidari jodan shuto uchi uke grabs Tori's left arm, pulls it down with a jerk, and counterattacks Hidari jodan mawashi geri from the front foot.

No. 3

: Tori of Hidari kamae dachi attacks Migi chudan mae geri.

Uke from Hidari kamae dachi quickly goes to Migi kamae dachi with Seiken migi gedan barai.

Left foot goes behind Tori with Hidari jodan shotei uchi.

№ 4

Tori of Hidari kamae dachi attacks Migi chudan mae geri.

Uke is defended by Hidari kamae dachi-Hidari kamae dachi by stepping forward and twisting the left heel inwards with Seiken hidari gedan barai.

И And step your right foot in a circle with Migi jodan shotei uchi.

### *Ju ippon kumite*

№ 1

Tori from Hidari kamae dachi in Migi kamae dachi attacks Seiken jodan migi oi tsuki.

Uke from Hidari kamae dachi-Migi kamae dachi defends by stepping back with his left hand Seiken migi soto uke/Seiken migi otoshi uke.

Counterattacks Migi yoko shuto uchi and grabs Tori's right shoulder.

And Seiken chudan ends with hidari gyaku tsuki.

# 2

: Tori of Hidari kamae dachi attacks with the Hidari jodan Mawashi geri substep.  
Hidari kamae dachi uke defends Shuto jodan juji uke, counterattacks

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### KYOKUSHIN BUDOKAI KAN

Migi gedan mawashi geri and completes Migi chudan shotei uchi.

№ 3

Tori of Hidari kamae dachi attacks Migi jodan mawashi geri.  
Uke from Hidari kamae dachi with a step forward defended by Jodan shuto juji uke, counterattacks Hidari gedan mawashi geri and finishes Migi chudan shotei uchi.

№ 4

Tori from Hidari kamae dachi-Migi kamae dachi attacks with Migi jodan oh tsuki.  
Uke from Hidari kamae dachi defends himself by going left with Migi shuto jodan uke ~~raises~~ his punching arm up.  
From under the arm, flowing into Hidari zenkutsu dachi, counterattacks Migi shuto hiza uchi.  
Grabs the right shoulder, stands in Migi kamae dachi and completes Seiken hidari jodan mawashi tsuki.

№ 5

Tori from Hidari kamae dachi-Migi kamae dachi attacks Seiken jodan migi oi tsuki.  
Uke from Hidari kamae dachi defends Hidari jodan shuto uke and grabs the hand. Then pulls down and hits, Migi shuto gunman uchi and finishes with a neck grab, Migi chudan hiza geri.

№ 6

Tori from Hidari kamae dachi-Hidari kamae dachi attacks Hidari chudan oi tsuki.  
Uke defends with a backward lunge flowing from Hidari Kamae dachi to Hidari kiba dachi with a block by Hidari soto uke, then in hidari zenkutsu dachi counterattacks  
Hidari shuto yoko uchi, finishes with a substep in hidari kamae dachi and hits Migi

*Combat kata (Renshu)*

: Tori from Hidari kamae dachi attacks with a pass to the legs to make a catch and throw.  
Hidari kamae dachi uke defends with a left-right backstep and counterattacks Migi hij oroshi uchi.  
Миг Continues Migi gunman Hiza Geri, holding her hands in front of her chest.  
Takes a right step forward with Migi Ganmen hij age uchi,  
Takes a right step back with Migi ganmen tatsui oroshi uchi.  
Блок Blocks possible actions by Tori Hidari tatsui oroshi uchi.  
And completes Seiken migi chudan gyaku tsuki / Migi chudan mae kakato geri.

*Kyokushin kumite No. 5*

Tori from Hidari kamae dachi attacks Migi chudan mae geri, moving to Migi kamae dachi / Seiken hidari jodan gyaku tsuki.  
Ук Uke from Fudo dachi is defended by quickly shifting back to Hidari kamae dachi with Seiken hidari gedan barai.  
Counterattacks Seiken migi jodan uke / Seiken migi oroshi gyaku tsuki in the chest.

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## KYOKUSHIN BUDOKAI KAN

Moving down, grab Tori's ankle joint with your left hand from the outside,  
and Tory's right knee joint with your right hand from the inside.

Holds the throw by stalling, controlling the hands, and finishing with a kick to the groin.

### *Condition*

1. Push-up on fists (seiken) - 55 times
2. Squats-65 times
3. Abs exercise-60 times
4. Tobi mae hiza geri (5 min travel time from Kamae te dachi)
5. Fight (kumite) 9 fights - 2 minutes each. 2 fights in the stalls for 2 minutes.

### *Theory*

1. Physiological effect of "Nogare"breathing
2. The basic "Falling Tree" principle



*Punches (Te-waza)*

1. Hij ago uchi jodan
2. Yoko hij uchi
3. Hooray hiji uchi
4. Oroshi hij uchi
5. Ushiro hij uchi
6. Mae hiji uchi

*Blocks with your hands (Uke-waza)*

1. Ura-hij-uke
2. Yama uke
3. Hij uke (jodan, chudan)
4. Kake uke (jodan, chudan)
5. Morote teisho osae uke
6. Morote hij uke jodan. Defense # 3 (elbow defense) from jodan-mawashi-geri

*Kicks (Gary-waza)*

1. Hurrah for mawashi haisoku geri
2. Mae geri kakato (jodan, chudan, gedan)
3. Gyaku mawashi geri (jodan, chudan)
4. Mae tobi geri (2 ways)

*Formal Exercises (Kata)*

1. Pinan sono yon
2. Sokugi Taikioku sono san

*Sanbon kumite kyukushin budokai*

# 1

Tori from Hidari kamae dachi attacks Migi chudan mae geri, Hidari chudan mae geri and Tsuru komi dachi completes Hidari mae geri.

Uke defends: from Fudo dachi goes to Hidari kamae dachi, Migi kamae dachi.

A rebound in Migi kamae dachi (on Tsuru komi dachi) is blocked by Hidari gedan kagite uke (tugs at Tori's leg.)

Controls Tori's left arm by the sleeve with her left hand.

And completes the Migi gyaku tate tsuki.

No. 2

Tori from Hidari kamae dachi attacks Migi chudan mae geri, Hidari chudan mae geri, Tsuru komi dachi and finishes Hidari chudan mae geri.

KYOKUSHIN BUDOKAI KAN

Uke defends: from Fudo dachi goes to Migi kamae dachi, Hidari kamae dachi. With a rebound (on Tsuru komi dachi), he catches tori's leg with his left hand, and Hidari gedan kagite uke.

With a step of his left foot, he grabs Tori's left arm.

And, with a step of the right foot, completes the Migi shita tsuki.

*Ippon kumite*

# 1

Tori from Hidari kamae dachi-Migi tobi nagashi tsuki attacks (Seiken gedan oh tsuki). Uke from Hidari kamae dachi defends the elbow of the kicking arm. Tori leaves an arc to Hidari kiba Seiken mihi chudan gyaku tsuki counterattacks.

# 2

Tori of Hidari kamae dachi is threatening to approach.  
Uke in Kumite dachi moves his left foot to the right side of Tsuru komi dachi and brings out his left foot for Kansetsu geri.  
Hits tori Hidari kansetsu geri in the left knee and completes Migi chudan mae geri.

# 3

Tori from Hidari kamae dachi-Migi kamae dachi attacks Migi chudan oi tsuki.  
Uke from Hidari kamae dachi is defended by arcing left and back to Hidari kokutsu dachi.  
Blocks Hidari chudan shotei uke and grabs the kicking arm (kuzushi), with his left foot in the center of the ball.  
Youko geri's Hidari chudan counterattacks.

# 4

Tori of Hidari kamae dachi attacks with the Hidari tobi nagashi tsuki substep.  
Hidari kamae dachi's Uke is defended by Migi kake uke (kuzushi) and counterattacked by Seiken nagao uchi.

# 5

Tori from Hidari kamae dachi in Migi kamae dachi attacks Seiken mihi jodan oh tsuki.  
Uke from Hidari kamae dachi is defended in Migi kamae dachi with Migi hiji jodan uke.  
Zenkutsu dachi lunges into the Migs, counterattacks Seiken gyaku shita tsuki.

### *Ju ippon kumite*

# 1

Tori from Hidari kamae dachi-Migi kamae dachi attacks Seiken mihi jodan oh tsuki.  
Uke defends with a left step and a left turn over his back, blocking tori Hidari ura hiji uke's elbow.  
Counterattacks in the twisting Migi jodan ura hiji uchi.  
And on the reverse movement, Hidari ushiro tatsui uchi finishes.

# 2

Tori from Hidari kamae dachi-Hidari kamae dachi attacks Seiken mihi jodan gyaku tsuki.  
Hidari kamae dachi uke is defended by Shotei hidari uke and counterattacks, Hidari momo

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## KYOKUSHIN BUDOKAI KAN

uchi, holds the capture and continues Hiza mihi gunman geri.  
Forces tori to go down and completes Migi hiji oroshi uchi.

# 3

Tori from Hidari kamae dachi attacks Migi low kick.  
Uke from Hidari kamae dachi defends Hidari sune uke, counterattacks, Migi jodan hiji uchi and continues, Migi momo uchi.  
Completes Migi oroshi hiji uchi

No. 4

Tori of Hidari kamae dachi attacks Migi chudan mae hiza geri.  
Uke from Hidari kamae dachi is defended by Migi chudan hiji uke and counterattacks, Hidari jodan mawashi shotei uchi, continues Migi jodan hiji uchi/ Migi hiza geri and finishes Hidari mawashi hiza geri.

# 5

Tori from Hidari kamae dachi-Hidari kamae dachi attacks Seiken jodan oi tsuki.  
Uke from Hidari kamae dachi is defended by Hidari jodan shotei uke (from inside),  
and counterattacks jodan migi shotei uchi-Migi chudan mae uchi.

#### *Battle Kata (Renshu)*

Tori from Hidari kamae dachi attacks Migi jodan mawashi geri.

Uke from Hidari kamae dachi is defended by taking a right forward-left step with  
the body turning to the left.

He grabs Sukui uke's kicking leg with his left hand and controls Tori's shoulder with his  
right.

Passes O-SOTO-GARI with his right foot, holds Tori's leg with his left hand.

Finishing with a lunge in Hidari zenkutsu dachi with Seiken gedan gyaku tsuki (in the

~~gyaku~~ Kyokushin kumite No. 6

Tori from Hidari kamae dachi attacks Migi chudan mae geri.

Uke moves from Hidari kamae dachi to Migi kamae dachi, stepping forward with his  
right foot left.

Blocks Hidari gedan barai and transfers it to Hidari gedan haito uke-Sukui uke.

Right hand control of Tori's right shoulder.

Holds a grab and makes a jab under Tori's supporting leg and throws it to O-SOTO-  
GARI.

(controls Tori's right leg with his left hand, Seiken migi gyaku tsuki performs finishing  
moves

#### *Condition*

1. Push-ups on fists (seiken) - 60 times
2. Squats-70 times
3. Press 70 times
4. Toby mae gehry - 10 minutes alternately with each leg
5. Fight (kumite) 10 fights - 2 minutes each. 2 fights on the ground floor for 2 minutes

#### *Theory*

## KYOKUSHIN BUDOKAI KAN

Physiological effect of Gyaku-ibuki. The basic "Wave" principle.

## KYOKUSHIN BUDOKAI KAN

**3 kyu**  
**(light brown belt)***Punches (Te-waza)*

1. Riken uchi
2. Riken mawashi uchi
3. Riken tate ago uchi
4. Haito uchi (jodan, chudan)
5. Shotei oroshi uchi
6. Oyama Shotei (front-handed shotei)

*Blocks (Uke-waza)*

1. Juji tsuki ukyo
2. Soto hij ago uke (elbow block)
3. Morote kake uke (jodan, chudan, gedan)
4. Mawashi hij uke

*Kicks (Geri-waza)*

1. Orosi uchi kakato geri
2. Orosi soto kakato geri
3. Kake geri chusoku (chudan, jodan) 2 ways.
4. May toby gehry (3rd way).

*Kicking Blocks (Uke-waza)*

Kake kakato geri uke

*Formal Exercises (Kata)*

1. Pinan sono go.
2. Sokugi Taikioku sono yon. (Note \*\*\*).

*Ippon kumite*

# 1

Tori from Hidari kamae dachi-Migi kamae dachi attacks with Seiken migi jodan oh tsuki.

Uke from Hidari kamae dachi defends with a left step to Migi kokutsu dachi and counterattacks Migi chudan

And Okataji shita gyaku tsuki finishes.

# 2

Tori from Hidari kamae dachi-Migi kamae dachi attacks with Seiken migi jodan oh tsuki.

Uke from Hidari kamae dachi defends by stepping back with his right foot with Hidari shuto soto

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KYOKUSHIN BUDOKAI KAN

Kiba dachi moves back to Hidari with his right foot and "pulls" tori towards him. Then enter Hidari kamae dachi and finish with Shotei oroshi ganmen gyaku uchi.

# 3

Tori from Hidari kamae dachi-Hidari kamae dachi attacks Seiken hidari jodan oh tsuki.

Uke from Hidari kamae dachi is defended by Shotei migi jodan uke and counterattacked by Hidari uchi komi and completed by Migi gedan mawashi geri.

No. 4

Tori from Hidari kamae dachi attacks through Tsuru komi dachi, Hidari mae geri.

Hidari kamae dachi's Uke is defended by Migi gedan kagite uke and counterattacked by Hidari gunman shotei uchi.

Shuto gunman uchi completes the Migs.

*Ju ippon kumite*

No. 1

Tori from Hidari kamae dachi attacks Migi gedan mawashi geri.

Uke from Hidari kamae dachi defends Hidari sune uke and counterattacks Hidari uchi oroshi kakato geri and counterattacks Seiken migi gyaku tsuki.

Continues Hidari soto oroshi kakato geri.

Completing the Migs is Gedan mawashi geri.

# 2

Tori from Hidari kamae dachi attacks Migi gedan mawashi geri.

Uke is being defended: Hidari sune uke / Seiken hidari chudan oi tsuki /Hidari jodan shotei mawashi uchi and completes Migi mawashi hiza geri.

No. 3

Tori from Hidari kamae dachi attacks via Tsuru komi dachi Hidari chudan mae geri /Seiken jodan gyaku tsuki.

Uke defends himself by leaving Kamae dachi for Migi zenkutsu dachi with Seiken migi gedan barai.

From Migi zenkutsu dachi, step up to Migi kamae dachi with Seiken gyaku gedan barai.

Grabbing tori's right sleeve with your left hand and with a substep in Hidari kamae dachi completes

# 4

Tori attacks from Hidari kumite dachi-Migi kumite dachi. Seiken jodan migi oh tsuki.

Uke from Hidari kumite dachi is defended by Hidari uchi uke, moves to Hidari mawashi hij uke, moves to Hidari Kamae dachi, performs a right-handed grab,

flows into Kiba dachi, and deals Hidari Tate Tsuki. Flows into Hidari Zenkutsu dachi, and finishes with Migi Hito Uchi Gedan.  
Return to Kumite dachi.

# 5

Tori from Hidari kamae dachi in Hidari kamae dachi attacks Seiken hidari jodan oh tsuki.

Uke from Hidari kamae dachi defends by moving slightly towards the striking hand and back in Hidari kamae dachi and deals a Shotei migi ganmen uchi.

Grabs tori's neck with both hands and completes Migi chudan hiza geri with a further

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## KYOKUSHIN BUDOKAI KAN

pushing Tori down.

No. 6

Tori from Hidari kamae dachi in Hidari kamae dachi attacks Shotei jodan migi mawashi uchi.

Hidari kamae dachi's uke is defended by Seiken hidari jodan uke, counterattacked by Hidari geri, continued by Seiken migi jodan gyaku tsuki, and completed by Migi hiza geri.

*Battle Kata (Renshu )*

Tori from Hidari kamae dachi-Migi kamae dachi attacks with Seiken jodan oh tsuki, the Seiken jodan gyaku tsuki.

Hidari kamae dachi uke defends, Seiken hidari jodan uke, then Seiken hidari soto uke.

Hidari counterattacks kansetsu geri in Tori's left leg, forcing him to go down on one knee.

Immediately after setting the left leg, Migi dziedan mae geri continues.

And ends with a lunge to Migi zenkutsu dachi with Seiken jodan gyaku tsuki.

*Kyokushin kumite No. 7*

Tori attacks from Hidari kamae dachi > to Migi kamae dachi with Seiken jodan oh tsuki.

Uke from Hidari kamae dachi to Hidari kokutsu dachi with Seiken hidari uchi uke block.

Step with your left foot in Hidari zenkutsu dachi under 45gr with a left hand grip of Tori's right hand, a jerk on yourself (kuzushi).

Migi kansetsu geri to Tori's right knee joint + Hidari ushiro geri to Tori's head.

Tori and Uke return to Kamae dachi.

*Condition*

1. Push-ups on fists (seiken) - 45 times
2. Finger push-ups-15 times
3. Squats-75 times with
- 4 jumps. Press 75 times
6. Oroshi soto kakato gary - (6 minutes travel time from Kamae te dachi)
7. Oroshi uchi kakato gary - (6 minutes travel time from Kamae te dachi)
8. Fight (kumite) 15 fights - 2 minutes each. 3 fights in the stalls for 2 minutes

*Theory*

1. Physiological effect of breathing "Ibuki", "Nogare 2"
2. The basic principle of "Oyama's Circular method"

## KYOKUSHIN BUDOKAI KAN

**2 kyu**  
**(brown belt)**

*Punches (Te-waza)*

1. Hiraken tsuki (jodan, chudan)
2. Hiraken oroshi uchi
3. Hiraken Mawashi uchi
4. Haishu uchi (jodan, chudan)
5. Toho uchi
6. Shoulder push (oi, gyaku, oroshi, ushiro)
7. Kumade uchi ("bear's paw")

*Blocks (Uke-waza)*

1. Haishu uke (jodan, chudan)
2. Osae uke
3. Morote haito uke (jodan, chudan)

*Kicks (Geri-waza)*

1. Nidan mae toby gehry
2. Kasumi Geri
3. Ago ushiro kakato geri

*Kicking Blocks(Uke-waza)*

Nami ashi (sole of the foot)

*Formal Exercises (Kata)*

1. Gekisai dai
2. Tensho

*Ippon kumite*

# 1

Tori from Hidari kamae dachi attacks Hidari jodan mawashi geri. Hidari kamae dachi's uke is defended by Seiken migi jodan uke, Migori oroshi hiraken uchi, and finished by Hidari hiza geri.

# 2

Tori from Hidari kamae dachi-Hidari kamae dachi attacks Hidari chudan mae geri. Hidari kamae dachi's Uke is defended by Migori gedan kagite uke, counterattacked by Hidari toho uchi, and completed by Migori jodan shotei mawashi uchi.

No. 3

Tori from Hidari kamae dachi attacks Migori gedan mawashi geri. Hidari kamae dachi uke defends Hidari sune uke, counterattacks, Migori toho uchi and

## KYOKUSHIN BUDOKAI KAN

completes Migi kin geri.

# 4

Tori from Hidari kamae dachi-Hidari kamae dachi attacks with Seiken migi chudan gyaku tsuki.

Uke from Hidari kamae dachi defends by stepping back with his left foot (raznozhka), counterattacks

### *Ju ippon kumite*

# 1

Tori of Hidari kamae dachi attacks with a lunge to Migi zenkutsu dachi with Seiken migi gedan.

Hidari kamae dachi uke defends with a complex move: Hidari osae uke, here

Hidari haishu uke, Migi jodan haishu uchi  
continues Hidari jodan shotei uchi and completes Seiken migi chudan gyaku tsuki.

# 2

Tori from Hidari kamae dachi-Migi kamae dachi attacks with Seiken migi jodan oh tsuki.

Hidari kamae dachi uke, defends with a step back left circle, going to Migi zenkutsu dachi with Migi haishu uke and grabbing the shoulder.

Hidari jodan tate tsuki counterattacks and completes Migi jodan hij uchi.

# 3

Tori from Hidari kamae dachi-Hidari kamae dachi attacks Hidari soto oroshi kakato geri.

Hidari kamae dachi uke is defended by Seiken migi jodan uke, counterattacked by Migi gedan

# 4

Tori from Hidari kamae dachi-Migi kamae dachi attacks Seiken migi chudan oh tsuki.

Hidari kamae dachi uke is defended by Soto uke / otoshi uke-capturing Tori's hand.

Left - foot thrust in Hidari zenkutsu dachi with Migi chudan shotei uchi.

And completes Migi toho uchi.

# 5

Tori from Hidari kamae dachi to Hidari zenkutsu dachi attacks with Seiken hidari jodan oi tsuki /Seiken migi chudan gyaku tsuki.

Uke is being defended: Hidari shotei uke instantly swipes Shuto gedan barai with the same hand.

Seiken jodan gyaku tsuki counterattacks.

# 6

Tori threatens in Hidari kamae dachi.

Uke from Hidari kamae dachi is defended by:

With the movement of his right foot, he makes the transition from Fudo dachi to Migi kokutsu dachi.

At the moment of transition, Tori's left hand is knocked down by Shuto soto uke with his left hand and

With the entrance to Kokutsu dachi, flows into Migi kamae dachi and counterattacks

Migi hito tokei.

Immediately use the same palm to control tori's chest (kuzushi).

## KYOKUSHIN BUDOKAI KAN

And complete the Shotei oroshi gyaku ganmen uchi.

*Combat Kata (Renshu)*



# 1

Tori attacks with a front grip around the waist.

Uke defends with a left step forward, turning the torso to the left, lowering the center of gravity and forward.

With the right foot, hit Tori in the chest with the right shoulder, continue Migi gedan hiza geri.

Ends with a right-handed substep with Seiken migi jodan oi tsuki.

# 2

Tori from Hidari kamae dachi-Hidari kamae dachi attacks Migi jodan gyaku tsuki.

Hidari Uke kamae dachi defends a step back with Hidari jodan shotei uke, counterattacks Migi gedan kakato mae geri (knee).

Continues Migi jodan kumade.

And, staying in Migi kamae dachi, continues Seiken chudan gyaku tsuki.

Grabs tori's neck with his hands and completes Hidari gunman hiza geri.

### *Kyokushin kumite No. 8*

Tori from Hidari kamae dachi-Migi kamae dachi attacks Seiken hidari jodan gyaku tsuki and Migi gedan mae geri.

Uke from Hidari kamae dachi is defended by going to Hidari moro ashi dachi and then Hidari kokutsu dachi.

With the Hidari haito uke block and lowering the center of gravity, perform Hidari gedan kakate

With a left-foot step Seiken migi jodan mawashi tsuki.

Step with your right foot, step with your left foot, turn your body 90 degrees to the right and perform Hidari jodan hiji uke.

Left foot half a step forward, right palm push your left fist Hidari oroshi hij uchi (left-down).

Step forward with your left foot, follow with your right foot, and hit Migi hiji oroshi uchi at the base of your neck from top to bottom.

Push it down.

### *Condition*

1. Push-ups on the thumb, index finger and middle finger-30 times
2. Push-ups on the wrists (koken) - 20 times
3. Exercises on the press-80 times
4. Nidan tobi mae geri - (10 minutes from Kamae dachi)
5. Fight (kumite) 15 fights - 2 minutes each. 3 fights in the stalls for 2 minutes. 5 Budokai fights of 2 minutes each (with shoteis in the head).

### *Theory*

Meaning of terminology. Basic circle and point principle

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## KYOKUSHIN BUDOKAI KAN

### **1 kyu**

**(dark brown belt with one gold stripe)**



### *Punches (Te-waza)*

1. Ryutoken tsuki (jodan, chudan)
2. Nakayubi ipponken (jodan, chudan)
3. Oyayubi ipponken (jodan, chudan)

4. Enkei gyaku tsuki
5. Yohon nukite (jodan, chudan)
6. Nihon nukite

*Blocks (Uke-vaza)*

1. Enkei tento uke (M. Oyama technique)
2. Morote jodan koken uke
3. Morote jodan nukite uke/ Morote shuto yoko gedan barai.

*Kicks (Geri-waza)*

1. Toby yoko geri
2. Toby mawashi geri
3. Kaiten geri

*Formal Exercises (Kata)*

1. Yantsu
2. Sokugi Taikioku sono go. (Note \*\*\*\*)

*Ippon kumite*

#1

Tori from Hidari kamae dachi-Migi kamae dachi attacks with Seiken migi jodan oh tsuki.

Uke is defended by switching from Hidari kamae to Migi kamae with Seiken hidari jodan uke.

Grabs Tori's right arm with his left hand with a right-foot step in Migi zenkutsu dachi.

~~And~~ counterattacks Migi hij ago uchi jodan in the armpit.

Tori from Hidari kamae dachi attacks Migi low kick.

Uke from Hidari kamae dachi is defended by Migi chusoku mae geri in the hip of the supporting leg.

No. 3

Tori from Hidari kamae dachi attacks Migi jodan mawashi geri.

Hidari kamae dachi uke is defended in Hidari shiko dachi with Seiken hidari jodan uke. It flows into Hidari zenkutsu dachi and ends with Seiken gedan gyaku shita tsuki.

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KYOKUSHIN BUDOKAI KAN

*Ju ippon kumite*

No. 1

Tori from Hidari kamae dachi-Migi kamae dachi, attacks with Seiken migi tatsui oroshi uchi.

Hidari kamae dachi uke is defended by Hidari jodan shuto Migi niza geri. ~~Uke~~ counterattacks Migi

Hits tori's left (far) leg, Kakato geri's Migi oroshi, and completes

hiji uchi's Migi oroshi.

# 2

Tori from Hidari kamae dachi-Migi zenkutsu dachi, attacks with Seiken migi jodan oh tsuki.

Uke from Hidari kamae dachi is defended by going left-back to Migi kokutsu dachi with

~~Seiken~~ the batting arm and makes a strong counterattack towards Yoko Geri's Migi chudan.

Tori puts her right foot behind her right foot and continues the Migi chudan hij uchi.

No. 3 ends with Hidari jodan hij uchi.  
Tori attacks from Migi kokutsu dachi by switching to Migi kamae dachi with Seiken hidari jodan gyaku tsuki.  
Uke is defended by Morote Shotei uke.  
Tori attacks Migi chudan mae geri.  
Uke is defended by Morote Shotei uke.  
Tori attacks Migi jodan oh tsuki.  
Uke is defended by Morote jodan koken uke (two-handed).  
Using a spade on Tori's right leg and controlling Tori's right arm with his left hand, he strikes Tori in the stomach, Migi chudan shuto hizo uchi.

#### *Battle Kata (Renshu)*

No. 1

Tori attacks by switching from Hidari kamae dachi to Migi kamae dachi with Seiken jodan tsuki.  
Uke defends from Hidari kamae dachi to Hidari kokutsu dachi with Shuto uchi uke and capture.  
Pulls with his left hand from inside Tori's right hand.  
Attacking with his right hand, Tori attacks Migi uraken shomen uchi, after hitting with his right hand, she steps back with his left foot at 45 degrees to the left-back.  
Standing with her right side facing Tori, Yoko geri continues her Migs.  
Seiken hidari jodan gyaku tsuki completes.

No. 2

Tori from Hidari kamae dachi > Migi kamae dachi attacks with Seiken jodan oh tsuki.  
Uke is Hidari kamae dachi Seiken hidari uchi uke + (kuzushi).  
Tori steps her right foot back to the left.  
Uke Tsuru komi dachi + Hidari chudan yoko geri + Migi jodan tate tsuki.  
Tori and uke in Kamai dachi.

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### KYOKUSHIN BUDOKAI KAN

No. 3

Tori "raznozhka" Hidari kamae dachi > Migi kamae dachi > Hidari kamae dachi with Hidari jodan oh tsuki.  
Uke from Hidari kamae dachi with Hidari soto uke > Hidari gedan barai > (kuzushi) pull yourself to the left.  
Migi chudan mawashi geri + Hidari chudan mawashi geri + Seiken migi jodan tate tsuki.  
Tori and uke in kamai dachi.  
*Kyokushin kumite* No. 9

Tori from Hidari kamae dachi-Migi kamae dachi attacks with Seiken migi jodan agyo tsuki.  
Uke defends by going from Hidari kamae dachi to Hidari kokutsu dachi with Hidari shuto Tsuru komi dachi's right foot and Migi uraken shomen uchi's counterattack.  
Tori's left hip in profile.  
Tori steps back with her left foot, breaking free of the grip.  
Uke is dealt by Hidari chudan yoko geri + Migi chudan chusoku mawashi geri.  
Grabs Hiza Gunman Gehry by the neck and continues.  
Pushes Tori down.  
Return to Hidari kamae dachi.

#### *Condition*

1. Push-ups on the index fingers-30 times
2. Wrist push-ups (koken) - 20 times
3. Push-ups with a bang koken-10 times

4. Abs exercises 90 times
5. Toby yoko geri - 5 minutes alternately on each leg.
6. Fight (kumite) 20 fights - 2 minutes each. 5 Budokai fights of 2 minutes each.

*Theory*

of Knowledge of competition rules and judging terminology. Principles of blocks and throws.

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KYOKUSHIN BUDOKAI KAN

**1 Dan**

**(black belt with one gold stripe)**



*Headbutts (Atama tsuki)*

1. Atama-mae-tsuki
2. Atama-ushiro-tsuki

*Punches (Te-waza)*

1. Furi uchi
2. Ago jodan tsuki
3. Keito uchi
4. Barate-uchi (slash across the eyes)

*Kicks (Geri-waza)*

1. Toby ushiro geri
2. Tobi ushiro mawashi geri
3. Jodan ago geri

*Formal Exercises (Kata)*

1. Saikha
2. Gekisai sho

*Ju ippon kumite*

**# 1**

Tori attacks from Hidari kamae dachi by switching to Migi kamae dachi with Seiken migi-uchi  
 mizuki dan oh

Uke is defended from Hidari kamae dachi by going to Hidari kokutsu dachi with Hidari chudan shoter uke (kuzushi).  
Chudan  
Grabs it with his hands and pulls it towards him, with the passage behind his back, in the Camai of the dacha.

Completing the Migi is kansetsu geri.

# 2

Tori from Hidari kamae dachi-Migi kamae dachi attacks Seiken migi jodan oh tsuki.

Uke from Hidari kamae dachi defends with a very fast left - forward move.

Counterattacks Migi chudan yoko geri, puts his right foot on the ground with the heel forward.

And finishing Hidari chudan is ushiro geri.

*Battle Kata (Renshu)*

# 1

Tori from Hidari kamae dachi - - - Hidari kamae dachi attacks with Migi chudan gyaku tsuki Migi nae geri.

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## KYOKUSHIN BUDOKAI KAN

Hidari kamae dachi's Uke is defended by Tobi konde back-left with a lower center of gravity c Seiken hidari soto uke and Hidari gedan kagite uke.

Left foot step forward with Seiken migi jodan mawashi tsuki.

Step forward with your left foot with Hidari jodan hiji ago uchi.

Step up with your right foot, then left foot with Hidari chudan yoko hiji uchi (left-down), strengthen your right palm.

No. 2

Tori of Hidari kamae dachi attacks with a right-handed grab for uke's left hand with Seiken hidari jodan oi tsuki.

Uke from Hidari kamae dachi is protected by shifting the center of gravity back, the left legis brought to itself in Kokutsu dachi with the hand in Hidari shuto mawashi uke.

He grabs the Naka uke with his left hand and pulls it towards him.

Takes a step with his right foot, counterattacks Migi jodan hij ago uchi.

Steps left, then right to the right-forward.

Migi ushiro hij uchi (back-down), strengthening the left palm strike.

# 3

Tori threatens kamae dachi from Miga.

Uke is defended by a move from Hidari kumite dachi to Migi zenkutsu dachi to Migi jodan hito uchi.

Step your left foot in a circle, grab with your left hand, and throw Tori off balance

Move your right foot behind Tori's right leg, swing your right hand at Furi uchi.

Apply Furi Uchi (forearm) to the neck in a sweeping motion.

Hold O-SOTO Gari, finish with a double finish Seiken hidari oh tsuki -

Seiken migi gyaku tsuki.

*Kyokushin kumite No. 10*

Tori attacks from Hidari kamae dachi by switching to Migi kamae dachi with Seiken jodan tsuki

Uke defends from Hidari kamae dachi by moving to Hidari kumite dachi

by moving his feet normally to Hidari soto uke. Feet in Kokutsu dachi with Hidari shuto soto uke

Hidari soto uke and simultaneously swing a right at Shuto sakotsu uchi.

Migi jodan shuto sakotsu uchi. Left foot in front, in the Camai of the dacha twist.

Two-handed head grab, Migi gunman hiza geri.

Lowering your right leg, bring it back into the Hidari zenkutsu dachi and tilt the tori forward.

Use your left foot to hit the side of your knee. Meet Tori's right elbow in the head.

Hidari ganmen hiza geri - - - Migi sankaku oroshi hij uchi.

Push it down.

*Condition*

1. Push-ups in the emphasis lying on the index fingers-10 times
2. Push-ups in the emphasis lying on the index and thumbs-30 times
3. Push-ups in the emphasis lying on the wrists (fingers to the sides-hooray koken) - 20 times
4. Push-ups in the emphasis lying on the ribs of the palms (shuto) - 10 times
5. Squats - 100 times

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KYOKUSHIN BUDOKAI KAN

6. Abs exercises-100 times
7. Tobi ushiro geri - 20 times, alternately with each leg.
8. Fight (kumite) 25 fights - 2 minutes each. 5 Budokai fights of 2 minutes each

*Theory*

The applicant must be able to teach and fully explain the basic technique of the program,  
be able to provide first aid. Know the basic principle of "Starting an attack".

## KYOKUSHIN BUDOKAI KAN

**2 Dan****(black belt with two gold stripes)***Racks (Cottages-vase)*

1. Garyu-kamae (M. Oyama stand)

*Punches (Te-waza)*

1. Ippon nukite
2. Keiko uchi
3. Matsubushi (punch in the eyes)

*Formal Exercises (Kata)*

1. Kanku dai;
2. Seyenchin
3. Tsuki no kata

*Ju ippon kumite*

## # 1

Tori from Migi kokutsu-dachi > in Migi kamae with Seiken migi jodan oh tsuki.  
 Uke Hidari garyu kamae with a block of Migi jodan shotei uke.  
 Tori Seiken hidari chudan gyaku tsuki + Migi chudan mae geri.  
 Uke Migi gedan kagite uke with a left foot substep Hidari gedan kagite uke, continuing to move, lift tori's leg, stall.

## No. 2

Tori of Migi kokutsu-dachi attacks with Migi chudan mae geri+Seiken hidari jodan gyaku tsuki.  
 Uke Hidari Garyu-kamae with block Hidari gedan kagite uke + Hidari shuto uchi uke in Hidari kokutsu dachi; in Hidari kamae dachi with Migi shita gyagu tsuki.

## # 3

Tori from Hidari kamae dachi attacks Migi mae geri.  
 Hidari kamae dachi's Uke is defended by Hidari gedan kagite uke, counterattacked by Migi mae geri (matsubushi), continues Migi kin geri, and completes Migi oroshi hij uchi.

## # 4

Tori from Hidari kamae dachi-Hidari kamae dachi attacks with Seiken migi jodan gyaku tsuki.  
 Hidari kamae dachi uke is defended by Hidari jodan shotei uke. Migi mae counterattacks tsuki (matsubushi), holds the capture and completes Migi kin geri.

*Battle Kata (Renshu)*

## # 1

Tori attacks from Hidari kamae dachi Seiken jodan oi tsuki, with a sub-step adds Seiken

jodan gyaku tsuki.

Uke defends from Hidari kamae dachi by stepping back and left with Hidari soto uke.

In a circle, he steps forward with his right foot with Seiken migi jodan oi tsuki.

The right leg returns to itself.

And repels Soto uke, Tori's attack, - Seiken jodan gyaku tsuki.

Uke, the left leg starts for the right, in Kake dachi, with Migi chudan ushiro hij uchi.

Adds Hidari jodan hij ago uchi.

And Seiken chudan ends with gyaku tsuki.

# 2

Tori from Hidari kamae dachi attacks with a grappling threat from the front with his hands around his waist.

Uke from Hidari kamae dachi is protected by going back-left and turning the body to the left, kaku hiji uchi.

Counters with Hidari hiza geri in the head and with his right hand, towards the knee of Orosi.

And finishes with the Seiken migi chudan tate tsuki sub-step.

# 3

Tori attacks by grabbing uke's waist from the front, head on Uke's left side.

Uke is protected by shifting the center of gravity back.

With a small step of the right, he takes a step back-to the left.

With the left foot, take a small step back-to the left, with the body turning to the left.

Hidari hiza geri/Migi oroshi sankaku hij uchi (towards the knee) aim for the head.

Hidari jodan uraken mawashi uchi (or oh tsuki jodan).

With a right substep, Tsuki chudan completes the Migi tate.

*Duel (Kumite)*

32 fights of 2 minutes each. 8 Budokai fights of 2 minutes each

**3 Dan**

**(black belt with three gold stripes)**





## Formal Exercises (Kata)

1. Seipai
2. Sushi ho
3. Sanchin-Tensho
4. Garyu

## Battle Kata (Renshu)

### # 1

Tori attacks with a step and holds a catch behind the waist.

Uke defends with a right/left back-to-left step and counterattacks Migi jodan ushiro hij uchi.

Performs a circular block Enkei tento uke with a Seiken hidari jodan gyaku tsuki kick. Hidari gedan shotei uchi and, stepping right/left, completes Seiken migi oi tsuki in the head.

### # 2

Tori attacks from Hidari kamae from uke's back with a Seiken migi jodan oi tsuki.

Uke defends from Hidari kamae dachi with a step forward with a deflection from the blow.

Conducted by Hidari gedan ushiro ago geri.

He turns his head to the left and returns his foot to the Hidari kamae.

Adds a turn over the back, Migi jodan ura tatsui yoko uchi.

And he finishes with a right-foot substep with Seiken hidari chudan gyaku tsuki.

### # 3

Tori of Hidari kamae dachi attacks Seiken migi gyaku tsuki with the kimono lapels held at chest level.

Uke from Hidari kamae dachi is protected by shifting the center of gravity back to the right, turning the torso to the right.

Grab Tori's right arm with your right hand and bring your shoulders forward.

Step back with your right foot-right, left, take Ura zenkutsu dachi.

Use your left hand in a bottom-right-up arc to deliver a twist elbow strike to the elbow joint of Hidari jodan

Mawashi hiza geri's right foot.

He finishes with a right lunge with Seiken jodan oh tsuki.

## Duel (Kumite)

40 fights of 2 minutes each. 10 Budokai fights of 2 minutes each

## KYOKUSHIN BUDOKAI KAN

### Note.

\* **Kata dachi:** 1. Haisoku dachi - 2. Musubi dachi-3. Heiko dachi-4. Uchi fudo dachi -5 .Fudo dachi-6. Sanchin dachi-7. Kokutsu dachi-8. Kumite dachi-9. Ju kamae te dachi-10 . Zenkutsu dachi-11. Kiba dachi-12. Shiko dachi-13. Kake dachi - 14. Tsuru ashi dachi -15

.Neko ashi dachi - 16. Tsuru komi dachi-17. Moro ashi dachi-Finish 18. Fudo dachi.

\*\* **Taikioku jodan sono ichi:** Drawing kata as taikioku. All sanchin dacha counters. From Fudo dachi-Hidari sanchin dachi with a block Seiken hidari jodan uke-Migi sanchin

dachi with a kick Seiken jodan oh tsuki. Turn. Migi sanchin dachi with Jodan uke block - Hidari sanchin dachi with Oh tsuki kick. Long tracks: the first one is a Jodan uke block

and 3

strokes of the First tsuki.

The second is 4 lodan uke blocks.

**\*\*\* Sokugi Taikioku sonno yon:** From Fudo dachi-Hidari yoko geri jodan-Migi oroshi soto kakato geri. With the turn of the Migi yoko geri jodan-Hidari oroshi soto kakato

geri. Long tracks:yoko geri and 3 strikes from Oroshi uchi kakato geri.

**\*\*\* Sokugi Taikioku sonno go:** From Fudo dachi-Hidari yoko tobi geri-Migi mae tobi geri. With the turn of the Migi yoko tobi geri-Hidari mae tobi geri. Long tracks: Yoko toby gehry and 3 May toby gehry.

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