

FAFC Etiquette

- All instructors, students and equipment should be treated with respect.
- No Food, Drink or Chewing Gum on the mats.
- Students should be punctual and not leave class early without prior notification.
- No swearing in the Centre.
- No smoking in the Centre, stairway or entrance.
- No Street shoes to be worn on training mats.
- No training shoes to be worn while kicking bags
- Jewelry should not be worn when training for the safety of yourself and your partner.
- Keep toenails and fingernails cut short to avoid injuring training partners
- Always keep yourself and uniform clean.
- Valuables should be kept in a locker
- Mouthguards must always be worn whilst sparring or grappling

Kyokushin Karate

What is Karate?

Karate is a traditional Japanese form of Self Defence that uses various strikes, kicks, holds and throws. There are many different forms of Martial Arts and Karate is one of the more popular. There are many different styles of karate that have been passed from each generation to the next each having different areas of emphasis.

What is Kyokushin?

Kyokushin Karate is one style of Karate that has its emphasis largely based on strength of technique. Kyokushin was founded by the late Master Sosai Mas Oyama and was up until the time of his death the largest martial arts organization under one man. Kyokushin means Ultimate truth

Beginner Classes

Beginner classes are structured so as to introduce each person to Kyokushin and its techniques allowing time to learn each technique properly to build a good foundation for the future. Classes are energetic and all participants will build up a sweat with exercise achievable by all.

What will I learn?

In Kyokushin Karate you will learn how to use different parts of your body as a weapon in a series of strikes and kicks. You will learn to generate power from your body so that strikes are strong and fast. You will learn blocking and trapping techniques to defend against attacks. Kyokushin also incorporates Kata and competition fighting training. Discipline, Respect, Confidence and co-ordination are all attributes that Kyokushin Karate helps to develop.

What do I wear?

Karate involves wearing a traditional training uniform known as a Dogi (training uniform) or simply a Gi (Uniform). Kyokushin uniforms are slightly different to other styles however if you have a uniform from previous training you can wear it to begin or simply wear loose comfortable clothing. In karate we train bare foot.

What do I need?

For your first class you do not need anything but as you develop you will want to get the following equipment to help with your training. In order of priority a uniform (Dogi), mouth guard, shin pads, bag mitts or hand mitts for juniors and a groin guard

Do I need to be fit?

You do not need to be fit to start training you only need to be in the class regularly and your fitness, confidence and skills will improve dramatically.

Kyokushin Karate Terminology

This is some basic terminology to get you started in the Karate class. As Karate is a Japanese Art the class is conducted using some Japanese words and terms. No one is expected to know this when they begin but after some time the words will become familiar to you.

- **SOSAI**- FOUNDER OF KYOKUSHIN
- **SENSEI**-SANDAN OR HEAD INSTRUCTOR OF A DOJO
- **SEMPAI**-INSTRUCTOR
- **DOJO**-TRAINING HALL
- **DOGI (GI)**- TRAINING UNIFORM
- **OSU** (Pronounced oo as in book)- VERBAL ACKNOWLEDGE AND SIGN OF RESPECT
- **KIAH**- INTERNAL ENERGY
- **SEIKEN FUDO DACHI**-NORMAL STANCE
- **SEIZA**-KNEEL DOWN
- **MOKUSO**-EYES CLOSED
- **MOKUSO YAME**-OPEN YOUR EYES
- **NI REI**-Bow
- **SHOMEN**-INFRONT
- **JODAN**-UPPER
- **CHUDAN**-MIDDLE
- **GEDAN**-LOWER
- **TSUKI**-PUNCH
- **GERI**-KICK
- **UKE**-BLOCK
- **HAJIME**-START
- **YAME**-STOP

Kyokushin Karate Grading System

ALL JUNIORS (UNDER 16) WEAR A BELT WITH A WHITE STRIPE

- 10TH KYU- RED BELT
- 9TH KYU- RED BELT BLUE STRIPE
- 8TH KYU- BLUE BELT
- 7TH KYU- BLUE BELT YELLOW STRIPE
- 6TH KYU- YELLOW BELT
- 5TH KYU- YELLOW BELT GREEN STRIPE
- 4TH KYU- GREEN BELT
- 3RD KYU- GREEN BELT BROWN STRIPE
- 2ND KYU- BROWN BELT
- 1ST KYU- BROWN BELT BLACK STRIPE
- SHODAN- BLACK BELT WITH 1 GOLD STRIPE (Sempai)
- NIDAN- BLACK BELT 2 GOLD STRIPES (Sempai)
- SANDAN- BLACK BELT 3 GOLD STRIPES (Sensei)
- YONDAN- BLACK BELT 4GOLD STRIPES (Sensei)
- GODAN- BLACK BELT 5 GOLD STRIPES (Shihan)
- ROKUDAN- BLACK BELT 6 GOLD STRIPES (Shihan)
- NANADAN- BLACK BELT 7 GOLD STRIPES (Hanshi)
- HACHIDAN- BLACK BELT 8 GOLD STRIPES (Hanshi)
- KUDAN- BLACK BELT 9GOLD STRIPES (Hanshi)
- JUDAN- BLACK BELT 10 GOLD STRIPES (Sosai)

Kyokushin Karate Dojo Oath

- 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 vigor, 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 God, 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 fulfill the true meaning of the Kyokushin Way.