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style of stand-up
fighting and was
founded in 1964 by
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Masutatsu Oyama

(????, ?yama
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 has
international appeal
(practitioners have
over the last 40+

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years numbered more
than 12 million).

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of Human Weapon.

The name is derived from the characters Geki, meaning attack or conquer, and Sai, meaning fortress or stronghold. This is a very basic pattern, using only half the steps of the normal starting kata i.

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