

Kyokushin "knock-down" Karate

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[Kyokushin](#) (空手) is a style of stand-up, full contact karate, founded in 1964 by Korean-Japanese Masutatsu Oyama (空手道 〇やま Masutatsu) who was born under the name Choi Young-Eui. 空手道. Kyokushin is Japanese for “the ultimate truth.” Kyokushin is rooted in a philosophy of self-improvement, discipline and hard training. Its full contact style has had international appeal (practitioners have over the last 40+ years numbered more than 12 million). — [Wikipedia](#)

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