



**OFFICIAL  
BROCHURE  
2016**





# Master our Mind with Shinkyokushin Karate

## GREETINGS KENJI MIDORI 緑健児

### The 5th World Champion

### The 2nd & 4th & 7th All Japan Lightweight Champion

**1** He became the first ever lightweight competitor to win the open weight World Open Karate Championship. **2** **3** He dominated opponents with his creativity and high level kicking techniques

### PROFILE

Born on April 18th, 1962. From Amami Oshima of Kagoshima Prefecture. Moved to Tokyo in 1978, and entered IKO Kyokushinkaikan. Competed actively as a lightweight fighter, and achieved victory in the Lightweight Category of the 2nd, 4th, and 7th All Japan Weight Division Championship. In 1990, challenged for the open weight All Japan Championship with a build of 165cm, 70kg, and placed 2nd. In 1991, participated in the 5th World Open Karate Championship as a member of the Japan National Team. In a tournament where strong fighters such as Andy Hug and Francisco Filho, and overseas fighters taller than 2 meters participated, he overcame 3 days of intense fighting to become the first lightweight fighter in history, to become the open weight champion. After retiring as an active fighter after this 5th World Open Karate Championship, he has guided and trained the next generation in his hometown Amami and Fukuoka Prefecture. Actively took part in organizational activities, and became the President of NPO Kyokushinkaikan in 2000. In 2001, became the President of IKO (name later changed to World Karate Organization, or WKO). In 2003, renewed the name of the organization to NPO World Karate Organization Shinkyokushinkai. Currently supervises Shinkyokushinkai in 93 countries and regions (as of July 2016), and makes the best effort to support social contribution activities, such as blood donation and Marrow Bank Charity.

The main philosophy of WKO Shinkyokushinkai is to “master our mind”. With our activities centered on the three pillars of nurturing youth, social contribution, and international exchange, we carry on with our daily efforts to further promote Budo Karate. WKO has now developed into an organization with 100,000 registered members in 93 countries and regions, and Full Contact Karate has crossed over all borders, including age, gender, nationality, race, and religion. Full Contact Karate is loved by the world as a noble Budo (martial art) culture and sport, for it can be trained throughout life, and holds the role of strengthening and enriching one’s mind and soul. The number of youth practitioners has recently increased at a remarkable rate, and the unique characteristics of Full Contact Karate, to understand the opponent’s pain, and “to become kinder as one becomes stronger”, attract significant attention and expectation.

The tournaments of WKO, held under the Full Contact Karate rule, are systemized with the open weight “World Open Karate Championship” held every 4 years, at the very top. With the “World Karate Championship in Weight Categories” also held every 4 years, and the “Karate Dream Festival International Championship” held every 2 years, we have widely introduced to the international community, the fierce battles of our competitors who represent their country with honor. In 2015, the 11th World Open Karate Championship was held in Tokyo, and 207 of the strongest men and women in the world, carried out battles of the highest level. Yuji Shimamoto won the Men’s Category, and Csenge Szepesi won the Women’s Category. National and regional tournaments, which are selection tournaments for international tournaments, are of high quality as well, and the technique and strategy of the competitors are improving every year.

In order to further spread Full Contact Karate across the world, we are continuing our pursuit towards our grand dream, the inclusion in the Olympic Games. With much regret, the Full Contact Karate rule is not included in the Karate competition that is currently a candidate to become an additional category at the Tokyo 2020 Olympic Games. However, it is a widely known truth that the international reputation and number of practitioners for Full Contact and Non Contact are quite equal, and it is our recent mission to further appeal the existence of Full Contact Karate to the international sports community.

The first ever national organization to unite the Full Contact Karate competition was established (as of July 2016, 283 groups/organizations) in Japan as the JFKO (Public Interest Incorporated Association Japan Fullcontact Karate Organization) in 2013. The WKO Japan Region has played the main role in the formation of the organization, and has done its best to organize the past 3 Championships. In addition, due to the historical cooperation with KWU (Kyokushin World Union) realized in 2015, the move towards unity is spreading across the world. For the future, WKO will support the establishment of national federations for Full Contact Karate in various countries, and while supporting the various activities in such countries and regions, we will move forward towards the formation of the international competition federation.

Lastly, the understanding and cooperation of everyone in society is essential in our activities, such as holding tournaments and promoting the inclusion of Full Contact Karate in the Olympic Games. It is my sincere request to receive your support towards the activities of our WKO, which we pride to be the “strongest and largest Budo organization in the world”.





# The further unification of Full Contact Karate worldwide



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## The establishment of JFKO and the holding of a unified Championship

For a long time, there was no organization to integrate and unify the Full Contact Karate competition, and such reality was an obstacle for further recognition, despite its long history of half a century, and the many practitioners and fans across the world. In such situation, a historical movement towards unification started in Japan. JFKO (Japan Fullcontact Karate Organization) was established in March 2013 as the first national organization to unify Full Contact Karate, with the affiliation of 219 groups and organizations, including several international organizations with members in 92 countries and regions. With its activities centered on the three pillars of ① the firm establishment as a competition category, ② to increase recognition within society, ③ the establishment of an international organization, and with the inclusion of Full Contact Karate in the Olympic Games as its ultimate goal, the formation of the organization was mainly led by the WKO Japan Region.

The 1st All Japan Fullcontact Karate Championship was held the following year in May 2014. The tournament was a great success, with top level competitors from various organizations competing to become the champion of 4 men and 4 women categories. The level and scale of the tournament has increased each time with the 2nd and 3rd tournament, and the event has firmly established its place as the tournament to decide the true Japanese Champion in weight categories. As of July 2016, the number of groups and organizations in JFKO has increased to 283, which amounts to 2/3 (two-thirds) of the groups/organizations in Japan. For the 1 million signature-collecting campaign held from October to November 2014 to promote Full Contact Karate for the Olympic Games, despite the short period of approximately 1 month, 1,033,095 signatures were collected across the world, once again demonstrating the potential power of Full Contact Karate.

1 In June 2016, the European Fullcontact Karate Camp was held in Belgium, and 350 members from 29 countries and 12 organizations participated in this grand event. President Midori was invited to the camp as the main guest

2 The JFKO was established in March 2013, opening a new page in the history of Full Contact Karate

3 The All Japan Fullcontact Karate Championship organized by JFKO is held every year in May, and the high competition level attracts great attention

4 As a result of the 1 million signature-collecting campaign led by Japan to promote the inclusion of Full Contact Karate in the Olympic Games, we were able to gather 1,033,095 signatures from across the world

## The historical cooperation with KWU and the shift to promote Full Contact Karate as an individual category

In 2015, 2 years after the establishment of JFKO, there was a historical acceleration towards the worldwide unification of Full Contact Karate. The cooperation between two organizations, WKO (World Karate Organization) and KWU (Kyokushin World Union), which share the same goal, the inclusion of Full Contact Karate in the Olympic Games. KWU, which has its headquarters in Switzerland, is a union of international organizations such as AKR, IFK, KWF, and Kyokushinkan, with a total of over 80 affiliated countries and regions. Due to this cooperation, it is speculated that approximately 70% of the Full Contact Karate organizations in the world, are united towards a common goal. In October 2015, both organizations sent competitors to each other's World Championship, and marked the start of active cooperation.

In addition, although the inclusion of the Karate competition in the Tokyo 2020 Olympics is gaining momentum, the rule currently recognized by the IOC (International Olympic Committee) is the Non Contact rule of WKF (World Karate Federation), and the possibility of the 2 rule approach promoted by JFKO being accepted is quite low. Therefore, there has been a shift from the path of cooperation with WKF, to the path to promote Full Contact Karate for the Olympic Games as an individual category, and the active establishment of national competition federations across the world.



1 President Midori visited Russia, and attended the signing of agreement ceremony between WKO and KWU, with the presence of Co-Chairman Yuri Trutnev

2 WKO competitors participated in the 2nd KWU World Championship, and Tsuyoshi Midori won the -75kg category. In the 11th World Open Karate Championship held the same month, selected competitors from KWU participated in the WKO event, marking the beginning of the historical exchange between both organizations

## Further steps toward the establishment of the WFKO

JFKO has chosen 2016 as the first year of the NF era. The NF (National Federation) refers to the competition federation for each country, and JFKO is the NF for Japan. With the Japan model as reference, various countries have established competition federations of their own, such as the BFKO (Belgium), KFKO (Korea), NFKO (Netherlands), and others. Such countries are organizing tournaments and seminars, regardless of affiliation of organization. In June 2016, the European Fullcontact Karate Camp was held in Belgium, and President Midori was invited as the main guest. 350 members from 29 countries and 12 organizations participated in this grand event.

Through such activities, the goal is to establish the WFKO (World Fullcontact Karate Organization), composed of the NF of various countries across the world, and the preparation work for such establishment is progressing smoothly. We will continue to promote unity towards the Full Contact Karate groups and organizations in the world, and in the near future, we plan to hold the WFKO World Championship. We are confident that with further unity, international recognition of the competition will increase, and will eventually lead to official recognition by the IOC. As members of Full Contact Karate, we will join our hearts, and continue our efforts with passion, for the Karateka around the world, and for the children practicing Karate and their great dreams.



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1 Steps toward a unified organization are being taken in Italy. At the summer camp held in 2014, in addition to WKO participants, members from KWF, Kyokushin Matsushima group, and other Kyokushin organizations participated in the event

2 Competitors from WKO and many other Full Contact organizations participated in the U-21 South Africa Championship 2015 held in Port Elizabeth, South Africa

3 71 competitors participated in the 1st All Korea Fullcontact Karate Championship organized by KFKO in December 2015



# Activities of Shinkyokushinkai

Kyokushin Karate, founded by the late Sosai Masutatsu Oyama in 1956, has developed into a world class Budo. In 2003, the organization name was reformed to NPO World Karate Organization Shinkyokushinkai. We have inherited the will and tradition of Kyokushin Karate, which has become a spiritual, cultural heritage of the world, and continue with our daily activities.

Under the main philosophy to “master our mind”, the activities of Shinkyokushinkai is centered on the activity policy of “nurturing youth”, “social contribution”, and “international exchange”. The teaching of Full Contact Karate, the activities of domestic and overseas Branches, charity activities for the Marrow Donor Program, blood donation activities, international cooperation activities, and the organizing of various tournaments, are all held under the main philosophy and activity policy, and we will continue with our activities, with the goal of becoming the strongest and largest Karate organization in the world, in all factors.

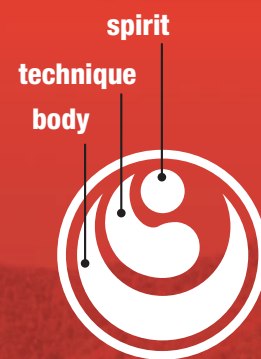
## The Philosophy of Shinkyokushinkai

### “Master our Mind”

To keep pursuing the strongest Budo Karate. Shinkyokushinkai, which was built from this hope, will master our mind together, and contribute to world peace.

### “Kokoro”

This mark has its roots in the kanji character “Kokoro” (mind or heart). The origins of Kyokushin started from the axiom, “One thousand days of training completes a beginner. Ten thousand days of training begins the mastery of the art.” This mark also symbolizes “Shin-Gi-Tai”, or the unification of the spirit, technique, and body, which is vital in the development of the Budo spirit.



## Activity Policy

### Nurturing Youth

While developing children who can connect kindness with strength, we strive to create an environment where men and women of all ages can gather, train and develop their mind and body, and develop a warm relationship. We also organize various tournaments, where we pursue the strongest Budo Karate.



### Social Contribution

We have continued our activities toward creating a society where one can feel the importance of life, such as blood donations, and charity events for the Marrow Donor Program since 1998. We also concentrate our efforts on social contribution activities in overseas countries, such as the participation in NGO activities, and volunteer projects.



### International Exchange

93 affiliated countries across the world (as of July 2016). With the objective of spreading the Budo spirit of Japan, we actively take part in international events, such as tournaments, seminars, and training camps. Through the communication of the mind and body, we aim for the international exchange of people and culture.





# The strongest and largest Budo Karate,

practiced by 100,000 members in 93 countries across the world



J. B. Sujoto (Asia) Yuri Shabanov (Russia) Norichika Tsukamoto (Japan) Masashi Kimoto (Japan) Yasuharu Fujiwara (Japan) Secretary General Kazuo Miyoshi (Japan) Vice President Isao Kobayashi (Japan) World Championship Director Seiko Noda (Japan) President Kenji Midori (Japan)



World Championship Vice Director Gen Nakatani (Europe) Vice President Keen Scharrenberg (Europe) Romas Vitkauskas (Europe) Martin Michel (Europe) Antonio Gonzalez (Central America) Denivaldo Carvalho (South America) Isaac Mashinini (Africa) Hachem Makki (Middle East) Peter Volke (South Pacific)

## EUROPE

<b>Andorra</b> Jesus Talan	<b>Denmark</b> Jan Bulow Jesper Trier	<b>Israel</b> Gleb Rabinovich	<b>Poland</b> Jacek Baranowski Mariusz Godos Krzysztof Borowiec Remigiusz Karpinski Mariusz Mazur Bogdan Lubos Jacek Lamot Roman Keska Tomasz Basiak Bogdan Jeremicz Artur Wilento Eugeniusz Dadzibug	<b>Russia</b> Yuri Shabanov Yury Belyaev Boris Glushenkov Leonid Ilyushkin Vadim Ivanov Abdurashid Khidirov Vladimir Lukovsky Zakhar Nasirov Viatcheslav Litvinov Sergey Filippov Victor Karasyuk Vyacheslav Mitrikovsky Denis Grigoriev Andrey Kitkin Alexander Kim
<b>Armenia</b> Murad Kapoyan	<b>Estonia</b> Dinibek Izborov	<b>Italy</b> Roberto Di Blasio Francesco Fina Aldo Raimondi	<b>Sweden</b> Attila Meszaros Michael Soderkvist Howard Collins Brian Fitkin Hakan Nygren Lloyd Payne Naser Ghanbari	<b>Switzerland</b> Peter Steinmann Andreas Gabler
<b>Austria</b> Marek Kubek	<b>France</b> Jean-Philippe Bazerque Pascal Rouxel	<b>Latvia</b> Vladimirs Lavrinovics	<b>Ukraine</b> Alexander Goncharenko Sergey Bronistovskyy Oleksandr Kuzmin Viktor Lyashchenko Oleksandr Korol Sergii Getmanskyi Serhiy Mutin	
<b>Azerbaijan</b> Allahverdi Rustamov	<b>Georgia</b> Avtandil Shengelia Zaal Moistsrapishvili	<b>Liechtenstein</b> Normann Kaiser	<b>Romania</b> Chirila Alexandru Anca Wallmen Grigore Petrut	
<b>Belarus</b> Henadz Zhukouski	<b>Germany</b> Wolfgang Pech	<b>Lithuania</b> Romas Vitkauskas	<b>Slovakia</b> Janos Markovics	
<b>Belgium</b> Luc Vanderaen Martin Michel Koen Spitaels	<b>Great Britain</b> Cyril Andrews Svetlozar Veltchev Georgi Popov Boris Nikolov Hristo Terziev	<b>Moldova</b> Aurel Condrea	<b>Spain</b> Juan Carlos Escalera Jesus Talan	
<b>Bulgaria</b> Svetlozar Veltchev Georgi Popov Boris Nikolov Hristo Terziev	<b>Greece</b> George Kosmidis Otario Melikiadis	<b>Netherlands</b> Koen Scharrenberg Roeland De Lange Michel Wedel Gilbert Roy Cleveringa		
<b>Croatia</b> Milan Garasic Nikola Banjeglav	<b>Hungary</b> Furko Kalman Gyorgy Karmazin Jozsef Kaloczi	<b>Norway</b> Oyvind Andreassen Ole Thomassen Grejs Erik-Anders Helin Gjermund Myklebust		
<b>Czech Republic</b> Jiri Zofcin				

## RUSSIA

<b>Russia</b> Yuri Shabanov Yury Belyaev Boris Glushenkov Leonid Ilyushkin Vadim Ivanov Abdurashid Khidirov Vladimir Lukovsky Zakhar Nasirov Viatcheslav Litvinov Sergey Filippov Victor Karasyuk Vyacheslav Mitrikovsky Denis Grigoriev Andrey Kitkin Alexander Kim
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## WKO HEADQUARTERS JAPAN

K. Midori I. Kobayashi K. Miyoshi Y. Fujiwara M. Kimoto N. Tsukamoto R. Hirayama S. Sotodate H. Takamori O. Narumi K. Kaneda R. Fukaya K. Sampei T. Fukaya	Y. Sato T. Hasegawa K. Okumura K. Suzuki K. Sunakawa T. Iriki H. Nanri Y. Koi T. Kinami N. Kawahara H. Koizumi K. Tanigawa A. Furukawa T. Inoue	K. Kuno F. Nagashima K. Yamamoto M. Jike S. Toe T. Murayama M. Maeda M. Takahashi S. Sakamoto S. Tada M. Wada T. Naito K. Yamada N. Matsumoto	Y. Kurooka T. Ishihara H. Ohama T. Mitarai Y. Osaka K. Maegawa T. Harauchi S. Kusu M. Yamada Y. Yamasaki H. Kesamaru S. Niho T. Yoshida
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## CENTRAL AMERICA

<b>Aruba</b> Roony Elston Boye	<b>Costa Rica</b> Antonio Gonzalez	<b>Curacao</b> Henry Gougou	<b>Honduras</b> Nestor Cubas Alvarado	<b>Panama</b> Mario Sanchez	<b>Puerto Rico</b> Luis Torregrosa	<b>Trinidad &amp; Tobago</b> Michael Jarrette
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## NORTH AMERICA

<b>Canada</b> Camille Ohan Guy Salter Siamak Pourhabib Alain Bordeleau Normand Bordeleau Keith Tanton Luciano Paparella Adrien Rochon Kevin Vallée David Ricci	<b>USA</b> Antonio Alves John Kalaidopoulos Tetsuya Sato Ghukas Stepanyan Karsten Davidsen Luis Torregrosa Jr. Roman Herman Ventsislav Sholin Oleksandr Shlekhhar Takashi Sugawara
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## SOUTH AMERICA

<b>Argentina</b> Sergio Gabriel Pini	<b>Paraguay</b> Javier Rojas	<b>Peru</b> Hector Chavera	<b>Uruguay</b> Eduardo Garcia Agustin Rubal Adriano Hernandez Jarro Gonzalez Alvaro Vigliola Gerardo Recuero Sebastian Scariatta Patricio Menendez
<b>Bolivia</b> Reynaldo Miranda Hoyos			
<b>Brazil</b> Denivaldo Carvalho Claudenor Lopes Magalhaes Edvaldo Felix da Silva Francisco Cesar Jacinto Nogueira Gabriel Pereira Jose Reis de Oliveira Rafael Cardoso Garcia Roberto Hiroshi Okumura			
<b>Chile</b> Francisco J. Cornejo			

## AFRICA

<b>Algeria</b> Samir Bouizegarene	<b>South Africa</b> Isaac Mashinini Patrick Mdakane Trevor Rustin Deen Daniels Medupi Robert Lechelele Thomas Sindepi Mayekani
<b>Botswana</b> Vusi Setlhare	
<b>DR Congo</b> Ebebe Gana Tampwo	
<b>Malawi</b> Gibson Masebo	
<b>Mauritius</b> Aslum Jeewa	
<b>Morocco</b> Said Bouzida	

## MIDDLE EAST

<b>Iran</b> Ahmad Pourmohseni Mehdi Farahmand Mozafar Hasanzadeh Fard Jamal Rashti	<b>Lebanon</b> Hachem M. Makki	<b>U.A.E.</b> Bibin Kurian Thekkumchery	<b>Yemen</b> Abel Abraham Mohamed Al Amash
<b>Iraq</b> Ayad Khafaja			
<b>Jordan</b> Khalid W. Zakzook			
<b>Kuwait</b> Abdullah Banwan Omran Albanwan			

## ASIA

<b>Afghanistan</b> Hayatullah Muhammad Abasin Shinwari	<b>Bangladesh</b> Zakir Hussain	<b>China</b> Keiji Okumura	<b>Guam</b> Chris Biolchino	<b>Hong Kong</b> Eric Wan	<b>India</b> Shivaji Ganguly Rameshkumar Krishnasamy Ashraf Abdul Shukoor Shibayan Ganguly Mahendra Singh Sunil Kumar Singh	<b>Indonesia</b> J. B. Sujoto Sukarno Djunaedi Tejo Lesmono
<b>Kazakhstan</b> Kairtay Sarmanov Adibek Irsembetov Alexander Medvedev Batyrkhan Sarmanov Bolat Baktayev Sergey Demidov Dmitriy Tarassov Vlada Danilina Alexandr Kolesnikov Zaina Betirova Andrey Petrovskiy Mariya Gridneva Ruslan Sarsenbayev	<b>Kyrgyz</b> Vladimir Bychkov Nurfaiz Almazbek Uulu	<b>Macau</b> Man Seng U	<b>Malaysia</b> Kin Meng Chung Chin Guan Tan Siew Loong Hee	<b>Mongolia</b> Gombogeral Batmunkh	<b>Nepal</b> Mohan Kumar Tamang	<b>Pakistan</b> Muhammad Arshad Jan Khalid Mermood Malik Umar Hayat Tiwana Sahib Zada Al Hadi Muhammad Anis Khan
<b>Korea</b> Il-Nam Kim Byeong Jun Jang Bong Su Kim						

<b>Philippines</b> Richard Picar	<b>Singapore</b> Patrick Teo Kim Lee Bong	<b>Sri Lanka</b> Piyaratne Muthukumarana Dumidu Dayasen Ratiyala Leelarathne Hewawasam Haggallage
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<b>Taiwan</b> Shinya Ikeda	<b>Tajikistan</b> Saidkrom Nazarov	<b>Thailand</b> Fumiaki Nagashima	<b>Uzbekistan</b> Khasan Nazarov	<b>Vietnam</b> Yutaka Tsugawa
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## SOUTH PACIFIC

<b>Australia</b> Peter Volke David Jacobs John Hall Yasunari Yahiro	<b>New Zealand</b> Peter Lowl
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**World Organization**  
(as of July 2016)

Headquarters : Tokyo, Japan  
Affiliated Countries : 93  
Official Branches : 258  
Branch Chiefs : 308  
Total Membership : 100,000



# 2016





# The unique evolution of Full Contact Karate

Full Contact Karate is a rule based on the exchange of direct strikes, and has its origins in Kyokushin Karate, founded by the late Sosai Masutatsu Oyama in 1956. In this competition, which spreads across 5 continents, there is no use of protective equipment, and attacks are carried out with bare hands and bare feet, in an environment close to actual fighting.

In the Full Contact Rule, foul attacks, such as blows to the head with the hand, are considered invalid, and bouts are decided by the difference in damage due to valid punches and kicks. If an opponent falls down due to damage, and is not able to get back up in 3 seconds, it is an Ippon (full point) victory. If the opponent gets back up within 3 seconds, it is a Waza-ari (half point), and two Waza-ari will amount to an Ippon victory.

Karate can be broadly categorized into two types of competitions. As mentioned above, the Full Contact Karate competition decides the winner based on the accumulation of damage, and the Non Contact Karate competition by WKF (World Karate Federation) decides the winner based on the accumulation of points from designated effective attacks on the opponent wearing protectors. Although these two competitions may seem similar, they are based on two completely different rules. Full Contact has evolved and produced many new techniques with high offensive capability, while the WKF rule for Non Contact is a style where competitors wearing protectors accumulate points based on the exchange of light contact techniques. Even if the roots of Karate are the same, Full Contact and Non Contact have a completely different way of thinking, based on the difference of "strike" and "no strike". Such difference has expanded with time, and has spread across the world as different competitions.

In the past, the Non Contact Rule, which does not exchange direct strikes, was main stream. In comparison, the Full Contact Rule, which does not use protective equipment, was considered unorthodox. However, the passion of Oyama Sosai, who was in pursuit of the strongest Budo, became only stronger, and in 1969, successfully held the 1st All Japan Championship under the Full Contact Rule, at the Tokyo Metropolitan Gymnasium.

The Full Contact Rule gradually spread across the world, and in 1975, Karateka from all over the world gathered in Japan, and the 1st World Open Karate Championship was held. It was decided that this World Championship would be held every 4 years, just like the Olympic Games, and has made its place in the world, as the highest stage to decide the strongest competitor. This is how Full Contact Karate established its roots in various countries across the world.

The IKO Kyokushinkaikan built by Sosai Oyama, was reformed as NPO World Karate Organization Shinkyokushinkai, by his pupils who inherited his strong passion. Shinkyokushinkai, which strives to become the strongest and largest Budo organization, is continuing its activities with the aim of further developing Full Contact Karate, and making the competition a part of the Olympic Games.

## The Full Contact Karate Rule

### Main Characteristics

Excluding vital areas, there is no use of protectors, and the winner is decided based on the accumulation of damage, due to the exchange of Tsuki (punch) and Keri (kick) to designated areas of the body, knock outs resulting from such attacks, and the successful execution of designated effective techniques.

- 1 Areas designated for attack : Head, Torso, Legs
- 2 Designated effective technique : Gedan Zuki (downward punch) after Ashi Barai (foot/leg sweep)
- 3 Hansoku (fouls) techniques : Attacks to the neck, throat, or face with hands, attacking from behind, grabbing, throwing the opponent

### Frequently Used Techniques



Jodan Mawashi Geri  
(High Roundhouse Kick)



Gedan Mawashi Geri  
(Low Kick)



Chudan Zuki  
(Under Punch)



Tobi Hiza Geri  
(Jumping Knee Kick)



# The road to become the strongest in the world

## The battle to reach the top of 100,000 members in 93 countries

The World Open Karate Championship held in open weight, and the World Karate Championship in Weight Categories, both organized every 4 years, are the strongest and largest grand events of WKO Shinkyokushinkai.

One must go through a long and harsh path, in order to reach the top of the world. The top competitor for each nation/region is determined by the selection tournaments organized in each country/region for the World Open Karate Championship and World Karate Championship in Weight Categories. Large scale tournaments, such as the European Championship, are a source of attention, for world class bouts between competitors from numerous countries can be seen.

### The road to become the strongest in the world



## World Open Karate Championship



The tournament with the highest authority, which decides the No.1 in the world, is the World Open Karate Championship. This tournament is familiar to many as the "Karate Olympics", ever since Sosai Masutatsu Oyama, the founder of Kyokushin Karate, organized the 1st tournament in 1975.

The World Open Karate Championship, held at the sacred Tokyo Metropolitan Gymnasium, is an open weight tournament, where legendary bouts and unforgettable scenes have been created by the strong competitors of each country, who have won through the competitive selection tournaments.

Japanese competitors have protected the Men's title from the 1st to the 11th event. However, overseas competitors have achieved remarkable growth in recent years, and the number of overseas prize winners has increased with each tournament. It is no longer unnatural for an overseas competitor to capture the throne.

1 The 6th tournament in 1996, held 2 years after the death of Sosai Masutatsu Oyama. Norichika Tsukamoto won an Ippon-victory over Kunihiro Suzuki. At the age of 21, he became the youngest ever World Champion. 2 Muzafer Bacak, who became the central figure of the 7th tournament in 1999, was defeated by Toru Okamoto, who became the World Champion. 3 At the 8th tournament in 2003, Suzuki became the World Champion by defeating Yuichiro Osaka by decision. 4 Tsukagoshi became the 9th World Champion in 2007, by defeating Donatas Imbras in the main bout. 5 In the Women's Category which was held along with the Men's Category for the first time, Veronika Szovetes became the World Champion. 6 At the 10th tournament in 2011, Tsukamoto defeated Tsutomu Murayama. At the age of 37, he became the oldest ever World Champion. 7 In the Women's Category, Emi Shoguchi defeated Margarita Ciuplyte to return the throne to Japan. 8 At the 11th tournament in 2015, Yuji Shimamoto defeated Kambu Iriki in the Final of the Men's Category, and cemented his place as the leader of the next generation. 9 In the Women's Category, Csenge Szepesi defeated Juri Minamihara of Japan in the Final, and fulfilled her dream to become the World Champion.

# strongest in the world

## World Karate Championship in Weight Categories



The World Karate Championship in Weight Categories, decides the world's top in each weight category, and is known as "the other World Championship".

After the 1st tournament held in Japan in 1997, the competition for the top of each weight category, has been held at the world stage in Hungary, Japan, and Russia. The 5th tournament was held in Lithuania in 2013.

Since competitors, the elite of each country/region who have won through selection tournaments, with the similar build fight each other in each category, numerous fights have been decided by a close margin. Also, due to the rise in the international level, the competition to become the top of the world in each category will only become fiercer with each tournament.

1 Norichika Tsukamoto, dominated the Heavyweight Category of the 1st tournament in 1997. As in the World Open Karate Championship that was held the previous year, he was full of energy. 2 In the Women's Heavyweight Category, Roma Miksyte defeated Ona Jomanaite to become the winner. 3 At the 2nd tournament in 2001, Denis Grigoriev was the victor of the Men's Heavyweight Category. 4 At the 3rd tournament in 2005, Takayuki Tsukagoshi became the Heavyweight Champion by defeating Donatas Imbras in a decision by Tameshiwari (number of broken boards), after a close, fierce battle. 5 Misaki Sato, at the age of 16, became the youngest ever Champion by winning the Women's Middleweight Category. 6 At the 4th tournament in 2009, from left, Valeri Dimitrov (Heavyweight), Roman Nesterenko (Middleweight), and Dmitry Moiseev (Lightweight) were the winners of the Men's Category. 7 Sato became the winner of the Women's Middleweight Category for the second consecutive tournament. 8 At the 5th tournament, Valeri Dimitrov defeated Lukas Kubilius in the Final of the Men's Heavyweight Category, becoming the Champion of the tournament for the third consecutive time. 9 In the Women's Middleweight Category, Misaki Sato defeated Noriko Yokoyama in the Final, and became the winner of the category for the third consecutive tournament.

## Karate Dream Festival

1 Due to the steady increase in categories and competitors, the name of the event was changed from the Karate Dream Cup to the Karate Dream Festival. 2 At the International Championship held in 2014, competitors from Kazakhstan, Poland, and Russia carried out fierce battles in Japan (photo from Final of College Students Men Lightweight Category, Takeshi Midori vs. Adilet Satybalidiev). 3 In the College Students Men Heavyweight Category, Fady Allan of Denmark faced Tota Nishikawa in the Final. 4 The youth generation left a strong impression. 5 The Group Kata is gaining popularity, and the number of groups participating is growing every year.



The Karate Dream Festival is held every 2 years as an international tournament where overseas competitors can participate. This tournament started in August 2008, with the unification of the All Japan Junior Championship for children and youth, and the All Japan Masters Championship for seniors.

Over 2,000 competitors gather in the Kumite and Kata categories, and the tournament is firmly established as a grand event during the summer, held for all Karateka, regardless of age, nationality, styles, and gender.

For the junior high, high school, and college students who will shoulder the future, the Karate Dream Festival has become the gateway for entering the top stage. There is a high possibility that this tournament will further develop internationally, and may be considered in the future, to be the "World Karate Championship for Youth and Seniors in Weight Categories".



# The World Champions



## The 6th & 10th World Champion Norichika Tsukamoto

Date of Birth: February 4, 1974  
Country: Japan  
Height: 186 cm  
Weight: 95 kg

**The 6th & 10th World Champion**  
**The 1st World Karate Championship in Weight Categories Heavyweight Champion**  
**The 4th World Karate Championship in Weight Categories Heavyweight Finalist**  
**The 28th & 29th & 38th & 41st & 42nd All Japan Champion**  
**The 15th & 17th & 21st All Japan Heavyweight Champion**

**facebook** NORICHIKA TSUKAMOTO

**Tournament Video** WKO SHINKYOKUSHINKAI CHANNEL → NORICHIKA TSUKAMOTO

The 6th World Open Karate Championship, was where he became the youngest ever World Champion, at the age of 21. He became the oldest ever World Champion at the age of 37, at the 10th World Open Karate Championship. Achieving these great records, Norichika Tsukamoto retired as a competitor. What made his kumite special, was his light footwork, and his style to achieve Ippon victories through his arsenal of magnificent foot techniques, such as his Jodan Mawashi Geri, also known as “Mach Geri”, Uchi Mawashi Geri, Domawashi Kaiten Geri, and Ushiro Geri. He is known to many as the “Karate Revolutionist”, for the great impact he had on the Karate technique of not only Japan, but of the entire world. In addition to technique, he is very much devoted to the mental aspect of Karate, and worked on personality development by improving his private life based on his belief “One will not become strong, unless the mind is pure”. In addition to his world titles, he is a five-time winner of the All Japan Championship. Being the Heavyweight Champion of the World Karate Championship in Weight Categories and a three time winner of the same category at the All Japan Weight Division Championship, he has won all of the major domestic and international tournaments. He can be said to be the great Champion who will have his name in Karate history, and in the minds of those who have seen his performances.



## The 8th World Champion Kunihiro Suzuki

Date of Birth: March 17, 1970  
Country: Japan  
Height: 178 cm  
Weight: 90 kg

**The 8th World Champion**  
**The 3rd World Karate Championship in Weight Categories Heavyweight 3rd Place**  
**The 32nd & 33rd & 34th & 37th All Japan Champion**  
**The 12th All Japan Heavyweight Champion**

**facebook** KUNIHIRO SUZUKI

**Tournament Video** WKO SHINKYOKUSHINKAI CHANNEL → KUNIHIRO SUZUKI

The iron man, who had continued his rivalry with Norichika Tsukamoto, reached the top of Japan for the first time at the 32nd All Japan Championship. He was 30 years old. After achieving the feat of three consecutive victories at the same tournament, he faced the 8th World Open Karate Championship in the same momentum. After winning the 1st and 2nd bout without any trouble, he faced Roman Nesterenko, and overcame this early obstacle. In the Quarterfinal, he defeated Muzafer Bacak, the Finalist of the 7th World Open Karate Championship, and defeated Takayuki Tsukagoshi in the Semifinal to advance to the Final for the second time. By defeating Yuichiro Osaka in the Final, he realized his long-cherished wish, and became the World Champion. He finally reached the top of the world, after an 8 year challenge. His mental strength to never give up, guided him to the title. At the 5th World Karate Championship in Weight Categories, despite the event being held in a non-Japan setting, the mainly Lithuanian spectators were deeply touched by the legendary fighter's never give up spirit, and demonstrated their respect to him with a standing ovation. His approach to pursue his competition career as long as he can will continue to encourage and inspire many people.



## The 9th World Champion Takayuki Tsukagoshi

Date of Birth: November 30, 1976  
Country: Japan  
Height: 180 cm  
Weight: 113 kg

**The 9th World Champion**  
**The 3rd World Karate Championship in Weight Categories Heavyweight Champion**  
**The 36th All Japan Champion**  
**The 20th All Japan Heavyweight Champion**

**facebook** TAKAYUKI TSUKAGOSHI

**Tournament Video** WKO SHINKYOKUSHINKAI CHANNEL → TAKAYUKI TSUKAGOSHI

The other ace who has led Japan, as the sworn friend of Norichika Tsukamoto. His greatest weapon is his powerful punches and Gedan Mawashi Geri, carried out from his large body, which weighs over 100 kg. Since he can hold his own against strong overseas fighters, he is frequently looked upon as the special weapon of Japan. Not only powerful, but he is also quick, and has various techniques as well. That can be said to be the other reason for his strength. Although competitors who focus on power tend to lose their quick response, Tsukagoshi was able to acquire great speed by overcoming a strict training program. At the 9th World Open Karate Championship, the mother country of Karate faced its greatest danger when there was only one Japanese competitor left in the Semifinal. However, Tsukagoshi became the savior when he defeated the powerful overseas fighters, such as Valeri Dimitrov and Donatas Imbras. After resting his mind and body for one year after the World Championship, he resumed his career as a competitor. Although he was defeated in a decision by weight at the 10th World Open Karate Championship, there are high expectations for him to still be the fortress of Japan.

## Winners of the World Open Karate Championship

**The 1st World Open Karate Championship** (November 1–2, 1975/Tokyo Metropolitan Gymnasium)

**Katsuaki Sato**

**The 2nd World Open Karate Championship** (November 23–25, 1979/Nippon Budokan)

**Makoto Nakamura**

**The 3rd World Open Karate Championship** (January 20–22, 1984/Nippon Budokan)

**Makoto Nakamura**

**The 4th World Open Karate Championship** (November 6–8, 1987/Nippon Budokan)

**Akiyoshi Matsui**

**The 5th World Open Karate Championship** (November 2–4, 1991/Tokyo Metropolitan Gymnasium)

**Kenji Midori**

**The 6th World Open Karate Championship** (January 27–28, 1996/Yokohama Arena)

**Norichika Tsukamoto**

**The 7th World Open Karate Championship** (December 4–5, 1999/Tokyo Metropolitan Gymnasium)

**Toru Okamoto**

**The 8th World Open Karate Championship** (October 4–5, 2003/Tokyo Metropolitan Gymnasium)

**Kunihiro Suzuki**

**The 9th World Open Karate Championship** (October 13–14, 2007/Tokyo Metropolitan Gymnasium)

**Takayuki Tsukagoshi**

**Veronika Szovetes**

**The 10th World Open Karate Championship** (October 22–23, 2011/Tokyo Metropolitan Gymnasium)

**Norichika Tsukamoto**

**Emi Shoguchi**

**The 11th World Open Karate Championship** (October 31–November 1, 2015/Tokyo Metropolitan Gymnasium)

**Yuji Shimamoto**

**Csenge Szepesi**



## The 11th World Champion Yuji Shimamoto

Date of Birth: January 23, 1990  
Country: Japan  
Height: 177 cm  
Weight: 89 kg

**The 11th World Champion**  
**The 5th World Karate Championship in Weight Categories Heavyweight 3rd Place**  
**The 44th & 46th All Japan Champion**  
**The 28th & 29th All Japan Heavyweight Champion**  
**The 1st All Japan Fullcontact Karate Championship Heavyweight Finalist**

**facebook** YUJI SHIMAMOTO

**Tournament Video** WKO SHINKYOKUSHINKAI CHANNEL → YUJI SHIMAMOTO

Following the retirement of former World Champions, Yuji Shimamoto emerged as the ace of the next generation. He is a member of the 1st class of the Youth Japan Project, which started as a 10 year plan to develop and train world class competitors, and he started to achieve results along with his older brother, Kazufumi. Kazufumi achieved high places in the All Japan Championship and All Japan Weight Division Championship, and Yuji placed 3rd at the 25th All Japan Weight Division Championship Middleweight Category, and joined the top elite of Japan. He later placed 2nd at the 27th All Japan Weight Division Championship Heavyweight Category, and 1st place at the 28th and 29th tournament. In the 44th All Japan Championship, he defeated Kazufumi in the first ever Final between brothers, and became the Champion. Although he broke his leg during a Gedan Mawashi Geri to the opponent at the 45th tournament, he defeated Kembu Iriki in the Final of the 46th tournament. He became the ace of Japan, and after winning the 11th World Open Karate Championship, he left a great impression by declaring that he will strive to win again at the next tournament as well.



## The 9th World Champion Veronika Szovetes

Date of Birth: September 17, 1981  
Country: Hungary  
Height: 180 cm  
Weight: 75 kg

**The 9th World Champion**  
**The 2nd & 3rd World Karate Championship in Weight Categories Heavyweight Champion**

A legendary woman Karateka, who established a long term rule as the “Queen”. After the World Karate Championship in Weight Categories in 2001 that was held in her homeland Hungary, she participated in the 9th World Open Karate Championship with an undefeated record of 6 years, and won the tournament by a large margin. She made full use of her build of 180 cm and 80 kg, and her powerful punches and Hiza Geri produced many Waza-ari and Ippon victories, which are still spoken of today, as a symbol of her strength. Although she has already retired, she has made her mark as one of the strongest women competitors ever.



## The 10th World Champion Emi Shoguchi

Date of Birth: February 11, 1990  
Country: Japan  
Height: 160 cm  
Weight: 61 kg

**The 10th World Champion**  
**The 5th World Karate Championship in Weight Categories Heavyweight Finalist**  
**The 40th & 42nd & 44th All Japan Champion**  
**The 24th & 25th & 27th & 28th All Japan Heavyweight Champion**

**facebook** EMI SHOGUI

**Tournament Video** WKO SHINKYOKUSHINKAI CHANNEL → EMI SHOGUI

The new queen, who reached the top of the world at the 10th World Open Karate Championship, along with Norichika Tsukamoto. At this tournament, she thoroughly trained and prepared herself for her rematch with Margarita Ciuplyte, who defeated her at the 4th World Karate Championship in Weight Categories, and with the hard physical training bearing fruit, she became the World Champion. Although she lost to Margarita in the Heavyweight Final of the 5th World Karate Championship in Weight Categories held 2 years later, she is continuing her competition career, with the goal to become the World Champion again.



## The 11th World Champion Csenge Szepesi

Date of Birth: May 7, 1989  
Country: Hungary  
Height: 173 cm  
Weight: 69 kg

**The 11th World Champion**  
**The 5th World Karate Championship in Weight Categories Heavyweight 3rd Place**

**Tournament Video** WKO SHINKYOKUSHINKAI CHANNEL → CSENGE SZEPESEI

With the retirement of Veronika Szovetes, the “Strong Queen of Hungary”, there are high expectations for her successor, Csenge Szepesi. After placing 2nd at the European Championship Middleweight Category in 2008, she repeated as the Champion of the Heavyweight Category for 4 times, from 2013 to 2016, and cemented her place as one of the elite competitors of Europe. At the 11th World Open Karate Championship, with her positive mindset that she developed through strict mental and physical training, she defeated numerous strong fighters and became the World Champion. There is a new queen in Hungary, who shows her happiness with a sweet smile.



# The 5th World Karate Championship in Weight Categories Champions

## Heavyweight



**Valeri Dimitrov**

Date of Birth: October 24, 1981 Country: Bulgaria  
Height: 184 cm Weight: 90 kg

**The 4th & 5th World Karate Championship in Weight Categories Heavyweight Champion**  
**The 3rd World Karate Championship in Weight Categories Middleweight Champion**  
**The 9th World Open Karate Championship 3rd place**

**Tournament Video** WKO SHINKYOKUSHINKAI CHANNEL → VALERI DIMITROV

After winning the Middleweight Category at the World Karate Championship in Weight Categories, the "Bulgarian Phenomenon" continued for two consecutive victories in the Heavyweight Category. In addition to the Gedan Kakato Geri, which became his signature move, he has won various tournaments with his arsenal of precise and powerful techniques. To add to his magnificent technique, he has a strong body, and a mature mind to face opponents in a calm manner, and has a great balance of spirit, technique, and physical strength. While his rivals put an end to their competition careers, he still continues his pursuit to reach the top of the world, and it is difficult to imagine an end to his hard training and motivation.

## Middleweight



**Orest Proc**

Date of Birth: September 12, 1985 Country: Lithuania  
Height: 183 cm Weight: 79 kg

**The 5th World Karate Championship in Weight Categories Middleweight Champion**

**Tournament Video** WKO SHINKYOKUSHINKAI CHANNEL → OREST PROC

The new rising star for Lithuania, is one of the tallest in his category, and his attacks are very powerful. At the 5th World Karate Championship in Weight Categories held in his home country, he defeated top class Japanese competitors such as Ikuma Oshita, Ko Tanigawa, and Kazufumi Shimamoto with his Tsuki (punch) and Hiji (elbow) Oroshi Uchi, and even defeated Daiki Kato in the Final and placed 1st in the category. In addition to his Tsuki and Hiji Uchi, he can also use the Ushiro Geri well, and he has a good balance of power and technique.

## Lightweight



**Dmitriy Moiseev**

Date of Birth: November 12, 1984 Country: Kazakhstan  
Height: 162 cm Weight: 68 kg

**The 4th & 5th World Karate Championship in Weight Categories Lightweight Champion**

**Tournament Video** WKO SHINKYOKUSHINKAI CHANNEL → DMITRIY MOISEEV

The Lightweight competitor representing Kazakhstan. He defeated his opponents with his strong Tsuki and great stamina, and won the Lightweight Category at the 4th and 5th tournament. His strong point is his bullet like movement forward. He has a quick first step, and with his strong body, he is able to neutralize the opponent's attacks, and carry out his powerful Tsuki to the opponent without mercy. The Final of the Lightweight Category at the 5th tournament with Yuki Maeda of Japan, will be remembered by many as one of the fiercest battles in tournament history.

## The World Karate Championship in Weight Categories Results

**The 1st World Karate Championship in Weight Categories**  
(June 22, 1997/Makuhari Messe, Japan)

Men Lightweight Ko Tanigawa  
Men Middleweight Tadashi Ishihara  
Men Heavyweight Norichika Tsukamoto  
Women Lightweight Rita Sztanko  
Women Heavyweight Roma Miksyte

**The 2nd World Karate Championship in Weight Categories**  
(June 23, 2001/Budapest, Hungary)  
Men Lightweight Takahiro Miyano  
Men Middleweight Paulius Klapatauskas  
Men Heavyweight Denis Grigoriev  
Women Lightweight Rita Sztanko  
Women Heavyweight Veronika Szovetes

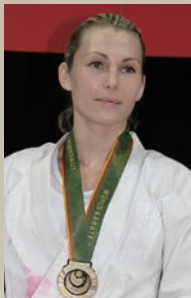
**The 3rd World Karate Championship in Weight Categories**  
(June 18-19, 2005/Osaka Prefectural Gymnasium, Japan)

Men Lightweight Ko Tanigawa  
Men Middleweight Valeri Dimitrov  
Men Heavyweight Takayuki Tsukagoshi  
Women Lightweight Nozomi Kanemitsu  
Women Middleweight Misaki Sato  
Women Heavyweight Veronika Szovetes

**The 4th World Karate Championship in Weight Categories**  
(June 20-21, 2009/St.Petersburg, Russia)  
Men Lightweight Dmitriy Moiseev  
Men Middleweight Roman Nesterenko  
Men Heavyweight Valeri Dimitrov  
Women Lightweight Mariya Gridneva  
Women Middleweight Misaki Sato  
Women Heavyweight Margarita Ciuplyte

**The 5th World Karate Championship in Weight Categories**  
(April 13-14, 2013 /Vilnius, Lithuania)  
Men Lightweight Dmitriy Moiseev  
Men Middleweight Orest Proc  
Men Heavyweight Valeri Dimitrov  
Women Lightweight Sayaka Kato  
Women Middleweight Misaki Sato  
Women Heavyweight Margarita Ciuplyte

## Women Heavyweight



**Margarita Ciuplyte**

Date of Birth: September 28, 1984 Country: Lithuania  
Height: 170 cm Weight: 72 kg

**The 4th & 5th World Karate Championship in Weight Categories Women Heavyweight Champion**  
**The 10th World Open Karate Championship Women Finalist**

**Tournament Video** WKO SHINKYOKUSHINKAI CHANNEL → MARGARITA CIUPLYTE

She emerged as the new ace of the Women Heavyweight Category, after the retirement of Veronika, the absolute Champion. At the 4th tournament, she won the category for the first time with her powerful Hiza Geri and Shita Zuki. She became a Finalist at the 10th World Open Karate Championship, where she carried out a fierce battle with Emi Shoguchi, who became the winner of the tournament. At the 5th tournament, she faced Shoguchi again in the Final, and defeated her this time to win the category for the second consecutive time. She was a symbolic leader of Lithuania who continued to achieve great results, and although she is now retired from competition, there are many Karate fans who wish for her to resume her competition career.

## Women Middleweight



**Misaki Sato**

Date of Birth: September 14, 1988 Country: Japan Height: 158 cm Weight: 63 kg

**The 3rd & 4th & 5th World Karate Championship in Weight Categories Women Middleweight Champion**  
**The 9th World Open Karate Championship Women Finalist**  
**The 38th All Japan Women Champion**  
**The 2nd & 3rd All Japan Fullcontact Karate Championship Women Heavyweight Champion**  
**The 25th & 27th All Japan Women Middleweight Champion**

**facebook** MISAKI SATO **Tournament Video** WKO SHINKYOKUSHINKAI CHANNEL → MISAKI SATO

At the age of 16, she won the Women Middleweight Category at the 3rd World Karate Championship in Weight Categories, and gained worldwide attention. At the 4th tournament, she received high praise for being the only Japanese competitor to win their category. At the 5th tournament, she defeated Noriko Yokoyama, who belongs to the same Wakayama Branch in Japan, and won her category for the third consecutive time. In open weight tournaments, she became a Finalist at the 9th World Open Karate Championship, and placed 3rd at the 11th tournament. Her Tsuki and Keri (kick) from her stable and strong stance, is the result of her hard physical training. She is one of Japan's finest, and one of the elite competitors of the world.

## Women Lightweight



**Sayaka Kato**

Date of Birth: August 20, 1993 Country: Japan Height: 158 cm Weight: 53 kg

**The 5th World Karate Championship in Weight Categories Women Lightweight Champion**  
**The 46th All Japan Women Champion**  
**The 1st & 3rd All Japan Fullcontact Karate Championship Women Middleweight Champion**  
**The 26th & 27th & 28th & 29th All Japan Women Lightweight Champion**

**facebook** SAYAKA KATO **Tournament Video** WKO SHINKYOKUSHINKAI CHANNEL → SAYAKA KATO

She won the Women Lightweight Category at the 5th World Karate Championship in Weight Categories, with her quick footwork and high level kicking techniques. She started to gain attention when she became the 26th All Japan Women Lightweight Champion in 2009, as one of the Kato family, with Daiki as her older brother, and Chisa as her younger sister. After her first triumph at the age of 15, she went on to win the Women Lightweight Category for four consecutive times. She has shined on the open weight stage as well, and won the 46th All Japan Championship, despite her lightweight build. She also won the Women Middleweight Category for the second time at the 3rd All Japan Fullcontact Karate Championship, and is preparing to win at the World Karate Championship in Weight Categories for the second consecutive time.







**The strongest and largest  
global organization “WKO”  
The democratic management  
of the organization,  
highly evaluated by the world**

## Tournaments, Camps, and Seminars held in various areas of the world

### ASIA



**1** At the All Japan Training Camp for the 11th World Open Karate Championship, the competitors climbed 287 steps, with strong determination to win at the tournament. **2** The World Open Karate Championship is the tournament of the highest level in Full Contact Karate. The 11th tournament was held in 2015. **3** Approximately 400 members from all over the world participated in the World Karate Seminar held near Mt. Fuji. **4** The All China Championship held in Shanghai. Despite its short history, the level of the tournament is improving every year. **5** The seminar held at the beautiful Registan Square in Uzbekistan, widely known as “the pearl of Central Asia”. **6** High level bouts are held at the Astana Cup in Kazakhstan, one of the strongest Karate countries in the world. **7** A torch relay by the winners of the previous tournament was held during the opening ceremony of the All India Championship. **8** The participants demonstrated their strong spirit at the seminar in Vietnam. **9** All 15 examinees passed the Dan Grading Exam held in Indonesia. **10** The children of the Kuwait Branch took part in physical strength training with big smiles

### EUROPE



**1** The Full Contact Karate Camp held in Belgium in 2015. 430 participants from numerous organizations trained together. **2** A child Karateka breaks a wooden board during a demonstration at the Kokoro Cup in Poland. **3** Participants climbed a mountain in the early morning, during the summer camp in Spain. **4** 95 competitors from 5 countries participated in the Georgian Open-Caucasus Cup 2014. **5** Trainings were held in the beautiful nature of Switzerland. **6** The special demonstration held during a tournament in Croatia electrified the crowd. **7** For the demonstration held at Nagykata in Hungary, the members performed their Kata to music. **8** The summer camp held in Lithuania, where the participants ran along the beach for morning training. **9** At a seminar in Russia, a major Karate powerhouse, participants took part in trainings with high motivation

With the goal to achieve a further sincere, further fair management of the organization, Shinkyokushikai has adopted a democratic system based on discussion and consultation. As the WKO, we select the Board from our countries and regions across the world, and we regularly hold Board Meetings and General Assemblies, which is attended by the representatives of each country. Through the active exchange of ideas, we strive to maintain the fairness of our organization.

In the organization of tournaments, we hold the open weight “World Open Karate Championship”, also known as the Olympics of Karate, and the World Karate Championship in Weight Categories, which decides the strongest competitor in each weight category, both in a 4 year cycle. We decide the top of 100,000 members in 93 countries (as of July 2016). In each tournament, we carry out doping tests under the WADA Code.

In order to participate in these two grand events, one will need to achieve the difficult task of winning through the selection tournaments in each country, where the strongest fighters gather. To become the world No.1 in Karate, which has one of the highest number of practitioners in the world, a very harsh path lies ahead, equal to or even harsher than other sports such as football and baseball.

We deepen our international and technical exchange by dispatching instructors to various seminars, camps, and grading tests, held by our member countries. Due to our main philosophy to “master our mind”, we have the strong desire to contribute to world peace through international exchange, while pursuing the strongest Budo Karate. We are actively continuing our social activities, such as charity and volunteer work, while acknowledging that it is also our mission to develop people with strong hearts.

In order to spread Shinkyokushin Karate, WKO actively takes part in various events across the world. The organizing of tournaments, with the World Open Karate Championship at the very top, the holding of training camps and technique seminars with the objective of international exchange and further learning, and the holding of Kyu and Dan Grading Tests, where members demonstrate the result of their daily training, are held by WKO Branches. The roots of Karate in the 5 continents of the world can be easily seen in the photos of various events.

### AMERICA



**1** Las Vegas Dojo in the USA, where both adults and children enjoy their Karate training. **2** At the demonstration held during the 3rd North American Cup in Canada, members performed their Kata to music. **3** The 6th All Honduras Championship was widely promoted by various media, such as national television and newspapers. **4** A seminar by Branch Chief Norichika Tsukamoto, the 6th and 10th World Champion, was held in Brazil. **5** Competitors from 7 countries in South America participated in the South American Championship organized by Bolivia in 2014. The spectators enjoyed the tournament

### OCEANIA



**1** Participants took part in the Adult Category, Junior Category, and Kata category at the All Australia Championship 2015 held in Sydney. **2** In the Adult Category, which had the participation of 4 Japanese competitors, there were 3 categories for men and 2 categories for women, and the competitors from Australia won 4 of the categories. **3** Over 60 members participated in the seminar held in Sydney. **4** A Kata Seminar was held during the summer camp in Melbourne. **5** In the early morning training of this camp, participants trained by striking the river with their Seiken Zuki

### AFRICA



**1** Many competitors from WKO and other Full Contact organizations participated in the All South Africa Championship 2015. **2** 350 competitors carried out fierce battles, and based on the tournament results, the representatives for the 11th World Open Karate Championship were decided. **3** Karate is also popular in the island nation, Mauritius. Seminars are actively held every year. **4** The Dan Grading Exam held in Mauritius. **5** A seminar held in Reunion Island of the Mauritius Branch. Many children actively took part in the trainings



# Lifetime Training

A Budo for everyone, regardless of age and gender



Full Contact Karate is a Budo which can be learned any time, by any person. Our dojos in 93 countries and regions have doors open and prepare curriculums based on the gender and strength of all people.

A wide range of men and women, from children, youth, and adults, gather at dojos. To become strong, to train the mind, and to become healthier. Although the motive to start might be different for each person, people of all generations train together. Training alone is not possible. By respecting others and always having a feeling of gratitude in an atmosphere different from daily life, a wealthy heart develops.

As a stage to test the result of one's training, Kyu and Dan grading tests are held regularly, and the belt color can be upgraded. Participating and achieving victory in tournaments, and striving to become the Champion, can also be said to be the attraction of Full Contact Karate. However, winning in bouts is only one objective, and never a goal.

The study of Karate is to train one's mind and body, and this is a lifetime pursuit. To acquire strength through daily training, to learn discipline, courtesy, and generosity toward others, and to always aim for improvement, without becoming satisfied with the present. This mind of "lifetime training" is our greatest theme.

1 Various generations gather at dojos. 2 Children develop a strong mind. 3 Scene from the Dan/Kyu Grading Test. To demonstrate the result of one's hard training, and to aim for the higher stage. 4 Many of the middle aged people learn Karate for their health. 5 Taking part in training with a predetermined goal. 6 In addition to Kumite, significant time is devoted to Kata training as well. 7 Discipline and courtesy are very important in Karate. 8 Fellow students are very precious. 9 The road to reach the strongest in the world

# Social Contribution and Volunteer Activities

Strength will lead to kindness



1 At tournaments, a part of the tournament revenue is presented to the Marrow Donor Program as donation. 2 Blood donations and registration for donors are held at the tournament venue. WKO Secretary General Kazuo Miyoshi cooperates with the blood donation. 3 Dojo Operator Kenichi Sugihara of Japan, was dispatched to Cambodia as the first period instructor. 4 Instructor Yuki Fukushima was dispatched as the second period instructor, and taught Karate to the local children. 5 Shihan Isaac Mashinini of the South Africa Branch, teaches children in the orphanage, discipline and courtesy through Karate. 6 In April 2011, a volunteer team led by President Kenji Midori, distributed food and trained with students in the stricken areas of the Great East Japan Earthquake. 7 The team also performed a special demonstration. 8 Branch Chief Jesus Talan of Spain, also contributed to the relief donation activity. 9 The Croatia Branch participated in a charity event for the Great East Japan Earthquake. They took part in donation activities and performed a demonstration

As a member of the international community, Shinkyokushinkai takes part in social contribution as one of its missions.

The dispatch of volunteer instructors to Cambodia for NGO activities is one example. The instructors taught Karate to children at schools and orphanages. The support towards the Marrow Donor Program in Japan has continued on a regular basis for over 15 years (since 1998), from the registration of marrow donors at tournament venues, charity bazaars, donation activities, and donations from tournament revenue. We also enjoy a partnership with the Japanese Red Cross Society, and we call for blood donations during tournaments.

Social contribution activities are also held in various countries. The Argentina Branch takes part in the recycle of pet bottles, in order to support children's hospitals in Buenos Aires. The value obtained from transferring the cap of used pet bottles to recycle dealers, is allocated towards the fund for purchasing and repairing medical equipment. The children in our dojos, learn how to help others by preserving the environment.

Shihan Isaac Mashinini of the South Africa Branch, taught Karate to the children of an orphanage. Karate, which enriches one's mind and enables one to feel energetic again through exercising and shouting, demonstrates the same effect in every country.

On March 11th, 2011, Japan was faced with a major disaster due to the Great East Japan Earthquake. Shinkyokushinkai not only took part in relief donation activities, but organized a volunteer team with President Kenji Midori as its leader, and distributed food and performed demonstrations in the Tohoku Region, which suffered severe damage from the disaster. We received numerous relief donations and warm messages from countries across the world, and this generosity that crossed borders, surely encouraged the disaster victims.

In addition, after Kumamoto was struck by a large earthquake on April 14, 2016, many cooperated and contributed to the relief donation activities organized by dojos and regional tournaments across Japan.

In order to make the world a wealthier place through Karate, we would like to actively take part in social contribution activities with a warm heart.



# Sending out the latest information of Shinkyokushin Karate to the world!

## Introduction to Internet Media

Shinkyokushinkai sends out the latest information to the world, through internet media. In the official website (<http://www.wko.or.jp>), which has a monthly average of 1 million page views, we provide access to news, introduction to each Branch in each country, photo albums, and the Shinkyokushinkai Official Shop, where official goods can be purchased.

We also concentrate our efforts on social networking media, and we frequently update our information and tournament results through Facebook and Twitter. In addition, the “WKO Shinkyokushinkai Channel” contains videos and highlights of our tournaments, interviews of officials and competitors, technique seminars, and for the videos related to the 11th World Open Karate Championship, in just 1 week after the tournament, there were approximately 1 million views. This channel is enjoyed by many viewers across the world.



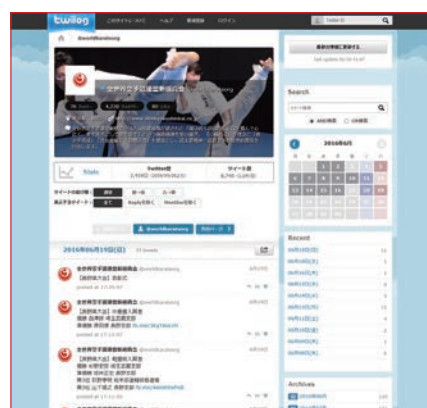
**Official Website**  
<http://www.wko.or.jp>



**Shinkyokushinkai Official Shop**  
<http://shinkyokushinshop.com>



**Facebook**  
<http://www.facebook.com/SHINKYOKUSHINKAI>



**Twitter**  
Account: @worldkarateorg



**WKO Shinkyokushinkai Channel**  
<http://www.youtube.com/wkoshinkyokushinkai>

# Dojo Oath

We will train our hearts and bodies for a firm unshaking 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 fulfill the true meaning of the Kyokushin Way.



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