

# Karate Training Manual

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<http://www.downloadkarate.com/karate-articles/living-and-training-karate-in-japan>

The kanji lettering used to spell kyokushin can be translated as society for the ultimate truth, which reflects founder Masutatsu Oyama's belief that

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Traditional martial arts training refers to training in a martial art that is rooted in the tenets set forth by the original master of the art. Subseq

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