



Donald Irving Buck

Founder of AKKO Kyokushin Karate

10th Degree Black Belt
The last known appointed U.S. Chairman & Branch Chief

By Sosai Mas Oyama. Dec 24, 1989
Receiving his 7th Dan and Branch Chief For United States

[Blackbelt Article on Don Buck](#) [Article by USA DOJO on Hanshi Don Buck](#)
[Article by Al Case on Hanshi Don Buck.](#)

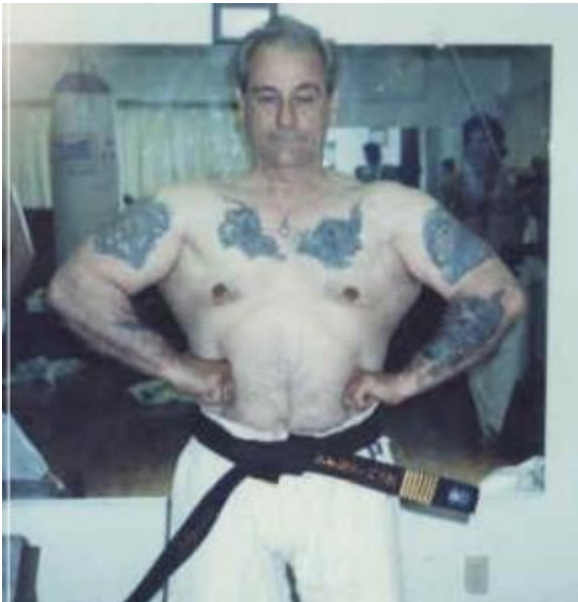


When war broke out in 1941 Don tried to join, but he was too young. When Don turned 16 he went into the Navy. In boot camp he was 1st in all the physical tests. His favorite was the Obstacle course. He always finished high on the i.q. Tests, so he was slated to join the commandos. He went to the Admiralty Islands where they trained hand to hand. He remembers it being really rough there. Many nights he remembers the Japanese calling his and his buddy's names when they were on guard. In the islands he boxed for the fleet at 137 LB's. He had over 70 bouts which he only lost one. Later he came back and beat him. This gentleman was an out of shape pro and he told don to get out of boxing while he still had his wits, there is no money in it. Don took his advice and started looking to learn more martial arts. In 1946, Don was honorably discharged and returned to San Francisco. That is when he found Duke Moore's judo and jujitsu school. He told Duke he knew judo and self-defense. Duke showed him a different side of judo and jujitsu.

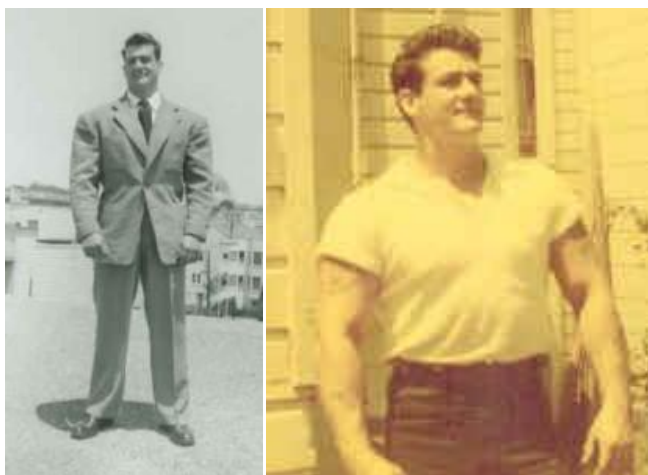


Don met with Mas Oyama in the mid fifties, he received his 4th Dan on Sept. 8, 1960. One of the 1st requirements for Don was to do the 100 man kumite. Not to just fight 100 men but he had to win 100 matches. Which he did. Mas Oyama would take Don

to different dojo and do challenge matches. Some of the workouts were 4 to 6 hr's. long and very physical that was exactly what Don liked. Mas Oyama and Don would be sparring and, as Oyama would say you do not hit hard enough and Don would blast him and say how was that with a laugh and Mas Oyama would say osu! This was their fun. When Mas Oyama left, Don continued to train in the Oyama way. He traveled around the world learning as much as he could about the martial arts. From China, Japan and the United States. In China he studied Ch'iGgong. His instructor (Shu Fan Chan) told him from the start he was a master in it without knowing really what it was. He realizes he was using it all his life. While he was in Hong Kong he received is doctor in traditional Chinese medicine. Also he studied Hungar with Y.C. Wong.



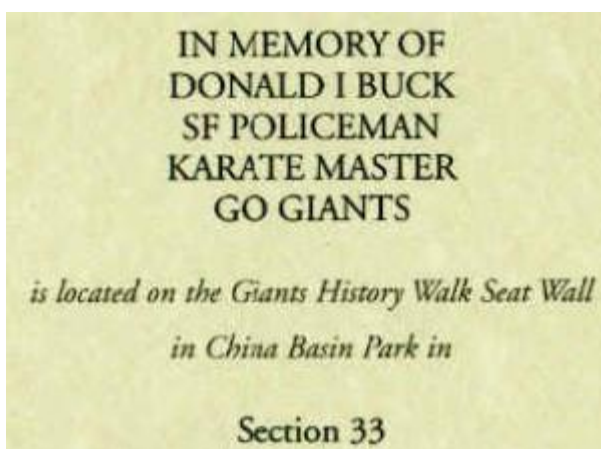
In the early sixties Don set many weight lifting records and was considered one of the strongest men around. He went from 137lb. Gymnast, to a 230lb. Strong-man. Not just a strong man he was built with 19 inch biceps and a 32 inch waist. He was Mr. San Francisco. One of many of his feats of strength was picking up a 178 lb. man over his head with only his small finger. He also beat a football and heavy weight. arm wrestler in arm wrestling with his pinky! He had a judo match with one of the top judo men in the world and won with a head lock. The man stated he has grip like a vise.



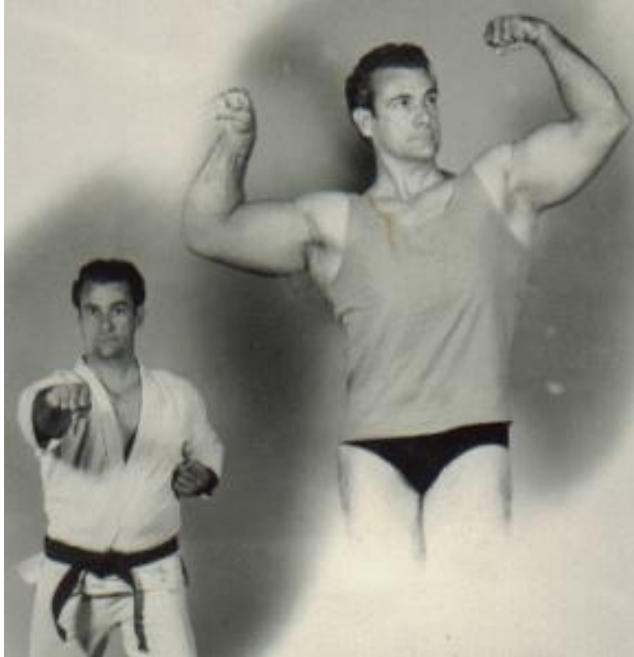
Don was also a San Francisco police officer and had to use his martial arts skills in the line of duty. He was known as the "Indestructible Buck". If there was trouble the other officers would say send Buck in he will do it and he did until he was hit from behind with a truck tire iron. Doctors said he would never be able to use his left side. Wrong! It put him on permanent disability but it did not stop his martial arts. He still can throw you or punch with either hand. He was shot and knifed in the line of duty and is still proud and powerful at the age of 69. He trained every day either running, biking, roller blades or weight's. And of course his karate. He is a legend in his own time.



Donald Irving Lindsey was born on September 2, 1926 in San Jose, CA. He passed away September 11, 1998 in his home in Benicia with his son Fred & Alice at his side at the age of 72, an era ended at the passing of the venerable and pragmatic leader and head of the American Kyokushin Karate Organization. Many of us will miss his presence and guidance.



As it appeared in the San Francisco Chronicle on September 13, 1998: "BUCK, Donald Irving -- Passed away in his sleep Friday at his home in Benicia. He was a well known and respected martial artist and teacher. A retired SF Police Officer, Sensei Don Buck has touched many people. From the students who studied at the local naval bases to the students who were with him in the end. He started teaching martial arts in the 40's and taught at many Northern California Naval Bases and privately as well. He was the former Chairman for KyoKushin Karate organization and 10th Dan MDTCM Doctor of Traditional Chinese Medicine.



The following information was obtained from the **WHO'S WHO of ATAMA** (American Teachers Association of the Martial Arts), published by ATAMA (PO Box 647, TO. CA 90290, U.S.A.), 1995. ISBN: 0-931373-05-0. Library of Congress #94-072838, and from *Shihan* Bernie Weiss, who sadly also passed away only about two months after his friend Don Buck.

Donald "Don" Irving Buck, born on September 2, 1926, is a pioneering American martial artist whose achievements approach legendary proportions. He already made his mark in Judo while training with Duke Moore in the mid-40's. Duke remembers him as a "tough, sinewy, powerful teenager." Mel Augustine who fought him in several Judo matches remembers his incredible strength. Today, Frank Puskas, while being a hand-to-hand combat consultant to the Australian Commandos in the Admiralty Islands where Don Buck was stationed with the U. S. Navy in the 1940's, remembers him as having unusual fighting spirit together with a profound interest in the finesse of fighting arts. While in the Admiralty Islands both Puskas and Buck received their first exposure to Kung Fu and Mas Oyama's karate. Don remembers Frank Puskas, from the Admiralty Islands, as "...a tough little guy with great self-defense skills and an unusual accent."



Later in the 1950's Don Buck and Duke Moore persuaded Mas Oyama to tutor them in Oyama's karate (later named Kyokushin) during one of the latter's early visits to the U.S. Mas Oyama tutored them for 4 hours a day for a year at Duke's Market Street dojo. Before leaving he suggested to them that since they had their own dojo they could now add karate to the curriculum and practice what they taught. Which they did.

In addition to Judo, Jujitsu and Karate, Don studied Hung Gar Kung-Fu with Y.C. Wong in San Francisco and Lam Cho in Hong Kong. He also studied Tai Chi Chuan from Sifu Chan in Shanghai. Many of Don's students went on to establish their own dojo throughout the world. Don himself was active not only within the Kyokushin organization but also within the AAU

and until his retirement was chairman of the AAU Kung-Fu committee.



Several years later Mas Oyama returned, tested both and promoted Duke to *nidan* and Don to *yondan*. Don went on to eventually become the U.S. Chairman for the Mas Oyama organization which just prior to Oyama's death last year had grown to be the world's largest karate organization with over 10 million registered members. The incredible accomplishments of this legendary martial arts master, who is also a retired San Francisco Police Officer, are reflected in his numerous promotions. They are as follows:— 10th *dan*, Kyokushin Karate {promoted by his students after his passing from 9th to 10th}
— 9th *dan*, Zen Budokai.
— 5th *dan*, Judo
— *Sifu*, Hung-Gar Kung-Fu
Always the athlete,
legendary *Hanshi* Don Buck



Don Buck was awarded a *kudan* in 1994, and in 1996 the International Society of Okinawan/Japanese Karate-Do (ISOK) awarded Don a *judan* for his life-time martial arts achievements. The American Kyokushin organization will continue under the direction of his son Frederick Buck and the AKKO council.



He will also be remembered for his great sense of humor and superior strength. Donald was a veteran of World War II and trained special forces in the Admiralty Islands. He is survived by his wife Mariette of Benicia; sons Fred of Sacramento and Donald of Santa Rosa; daughter Teri Sans of Alabama; sister and brother-in-law Patricia and Julian Landman of Novato; brother Edward (Boots) Buck of Sebastopol; several nieces and nephews, close family friend Alice Eugchi, and many loyal & devoted martial arts students all over the World



Brick is at Sedona Arizona Visitors Center



Sensei Donald Buck
In Memory Sensei Don Buck Sept 2, 1926-Sept. 11, 1996 Karate Master and SF Police Officer. We Miss you. Your Son Fred

ATT Park Home of the San Francisco Giants Baseball Stadium. Seat dedicated to Sensei Don Buck So if you are ever there and you can think of him.