

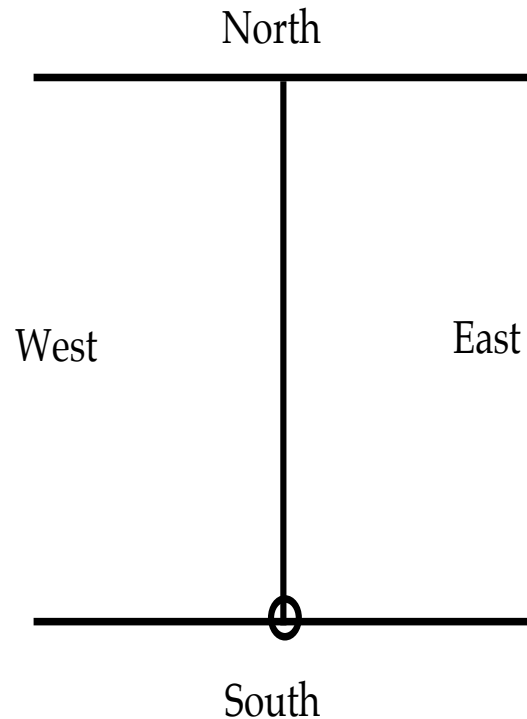
# UCSD Sabakukan dojo of Shorinji-Ryu Karate-do

## Taikyoku kata Shodan and Nidan

The following notes are intended only as a partial reference, to help you in practicing the kata on your own. Train hard and be patient.

**TAIKYOKU** (“**First principle**”), created by Funakoshi Gichin

Three Taikyoku kata (Shodan, Nidan, and Sandan) are required for white belts in our style of karatedo. They teach the rudiments of moving and turning in proper stances. The importance of these kata is indicated by the fact that Taikyoku Shodan is often included in the test for shodan (first-degree black belt).



**Pattern of movement for Taikyoku**

## Taikyoku Shodan

1. Yoi (ready stance). In the dojo, students would customarily be facing north when beginning kata.
2. Announce "Taikyoku Shodan" in a decisive tone of voice.
3. Rei (bring feet together; bow)
4. Yoi
5. Head snaps to look 90° Left. Step out 90° Left with the Left foot and execute Left gedan barai (downward parry) in zenkutsu-dachi (front stance).
6. Step forward in zenkutsu-dachi with R chudan hon tsuki (middle punch).
7. Look, then turn R 180°, stepping through with the R foot, R gedan barai (zenkutsu-dachi)
8. Step forward with L chudan hon tsuki (zenkutsu-dachi)
9. Look, then turn L 90° with the L foot, L gedan barai (zenkutsu-dachi)
10. Step forward, R chudan hon tsuki (zenkutsu-dachi)
11. Step forward, L chudan hon tsuki (zenkutsu-dachi)
12. Step forward, R chudan hon tsuki (zenkutsu-dachi) -- **kiai**
13. Look 90° to R, then turn L 270° stepping through with L foot, L gedan barai (zenkutsu-dachi)
14. Step forward, R chudan hon tsuki (zenkutsu-dachi)
15. Look, then turn R 180°, with R foot, R gedan barai (zenkutsu-dachi)
16. Step forward, L chudan hon tsuki (zenkutsu-dachi)
17. Look, then turn L 90° with L foot, L gedan barai (zenkutsu-dachi)
18. Step forward, R chudan hon tsuki (zenkutsu-dachi)
19. Step forward, L chudan hon tsuki (zenkutsu-dachi)
20. Step forward, R chudan hon tsuki (zenkutsu-dachi) -- **kiai**
21. Look 90° to R, then turn L 270° with L foot, L gedan barai (zenkutsu-dachi)
22. Step forward, R chudan hon tsuki (zenkutsu-dachi)
23. Look, then turn R 180°, with R foot, R gedan barai (zenkutsu-dachi)
24. Step forward, L chudan hon tsuki (zenkutsu-dachi) -- **kiai**
25. Pull L foot back and and trun 90° L, returning to Yoi
26. Rei
27. Yoi
28. Announce "Taikyoku Shodan" in a decisive tone of voice.
29. Rei
30. Yoi

**Taikyoku Nidan** is identical to Taikyoku Shodan with the important difference that all punches are executed at **Jodan** level (facial height).

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