

## Taikyoku Sandan

1. Yoi (ready stance). In the dojo, students would customarily be facing north when beginning kata.
2. Announce “Taikyoku Sandan” 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 uchi uke (inside block) in kokutsu-dachi (back stance).
6. Step forward in zenkutsu-dachi with R jodan hon tsuki (upper punch).
7. Look, then turn R 180°, stepping through with the R foot, R uchi uke (kokutsu -dachi)
8. Step forward with L jodan 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 uchi uke (kokutsu -dachi)
14. Step forward, R jodan hon tsuki (zenkutsu-dachi)
15. Look, then turn R 180°, with R foot, R uchi uke (kokutsu -dachi)
16. Step forward, L jodan 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 uchi uke (kokutsu -dachi)
22. Step forward, R jodan hon tsuki (zenkutsu-dachi)
23. Look, then turn R 180°, with R foot, R uchi uke (kokutsu -dachi)
24. Step forward, L jodan 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 Sandan” in a decisive tone of voice.
29. Rei
30. Yoi

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