

Sokugi Taikyoku sono Ichi - 足技太極一段



Sokugi is the combination of **Soku** - 足 ('foot') and **Gi** - 技 ('technique') and literally means 'kicking', while **Taikyoku** translates as 'Grand Ultimate View'.

The name **Taikyoku** - 太極 refers to the Chinese philosophical concept of Taiji. **Taikyoku** is literally translated as 'grand ultimate'. The word **Taikyoku** can also mean overview or the whole point – seeing the whole rather than focusing on the individual parts, and keeping an open mind or beginner's mind. The beginner's mind is what is strived for during training and in life. The beginner's mind does not hold prejudice and does not cling to a narrow view. The beginner's mind is open to endless possibilities. That's why a practitioner should never think that as soon as it ascends in the latter or more complex kata the first and most basic ones lose importance, therefore, keep an open mind.

The **Taikyoku** Kata were developed by *Yoshitaka Funakoshi* and introduced in 1930 by *Gichin Funakoshi*, founder of *Shotokan*, as a way to simplify the principles of the already simplified *Pinan* series. Students of *Karate* systems that use the **Taikyoku** Kata series are often introduced to them first, as a preparation for the *Pinan* Kata.

The first **Sokugi** Kata in the series. It has the same **Embusen** - 演武線 as the *Taikyoku* Kata, except that on every turn, *Kansetsu Geri* is executed followed by a *Kake Wake Uke*, while on the following step or the three steps over the middle, *Mae Geri Keage* is executed (no punches).

The three **Sokugi** Kata were created by *Mas Oyama* to further develop kicking skills. They were not formally introduced into the *Kyokushin* syllabus until after the death of *Mas Oyama*.

Dachi Waza

Fudo Dachi
Joi Dachi
Heiko Dachi
Zenkutsu Dachi

Te Waza

Uke Waza

Kake Wake Uke

Geri Waza

Kansetsu Geri
Mae Keage

Kihon Jutsugo

Kamae
Hajime
Naore
Yasume

Copyright © 2017-2021, Jaap Kooman, made for teaching purposes only.

The images came from the Internet and classes from *Shihan Loek Hollander*, *Shihan Henny Ruberg* and *Shihan Jan Vleesenbeek*.

The Kata is learned from *Shihan Henny Ruberg* and *Shihan Peter Voogt* (*Shihan Loek Hollander* - IKO) and has some influences from *Shihan Hatsuo Royama* (KIKO).

Sokugi Taikyoku sono Ichi - 足技太極一段

Begin the **KATA** from the base **KAMAE** position in **FUDO DACHI**. On the command **SOKUGI TAIKYOKU SONO ICHI** followed by the command **YOI** start perform a slow **YOI DACHI** that ends in **HEIKO DACHI**.



- 1 On the command **HAJIME/ICHI** turn left 90° counterclockwise into and kick left **KANSETSU GERI** and step into left **ZENKUTSU DACHI** and make a **KAKE WAKE UKE**.



- 2 Make a right **MAE KEAGE** and step forward into right **ZENKUTSU DACHI**.



- 3 Turn 180° clockwise to the right and make a right **KANSETSU GERI** and step into right **ZENKUTSU DACHI** and make a **KAKE WAKE UKE**.



- 4 Make a left **MAE KEAGE** and step forward into left **ZENKUTSU DACHI**.



- 5 Turn 90° counterclockwise to the left and make a left **KANSETSU GERI** and step into left **ZENKUTSU DACHI** and make a **KAKE WAKE UKE**.



- 6 Make a right **MAE KEAGE** and step forward into right **ZENKUTSU DACHI** (1).



- 7 Make a left **MAE KEAGE** and step forward into left **ZENKUTSU DACHI** (2).



- 8 Make a right **MAE KEAGE** with **KIAI** and step forward into right **ZENKUTSU DACHI** (3).



- 9 Turn 270° counterclockwise to the left and make a left **KANSETSU GERI** and step into left **ZENKUTSU DACHI** and make a **KAKE WAKE UKE**.



- 10 Make a right **MAE KEAGE** and step forward into right **ZENKUTSU DACHI**.



Sokugi Taikyoku sono Ichi - 足技太極一段

- 11 Turn 180° clockwise to the right and make a right **KANSETSU GERI** and step into right **ZENKUTSU DACHI** and make a **KAKE WAKE UKE**.



- 12 Make a left **MAE KEAGE** and step forward into left **ZENKUTSU DACHI**.



- 13 Turn 90° counterclockwise to the left and make a left **KANSETSU GERI** and step into left **ZENKUTSU DACHI** and make a **KAKE WAKE UKE**.



- 14 Make a right **MAE KEAGE** and step forward into right **ZENKUTSU DACHI** (1).



- 15 Make a left **MAE KEAGE** and step forward into left **ZENKUTSU DACHI** (2).



- 16 Make a right **MAE KEAGE** with **KIAI** and step forward into right **ZENKUTSU DACHI** (3).



- 17 Turn 270° counterclockwise to the left and make a left **KANSETSU GERI** and step into left **ZENKUTSU DACHI** and make a **KAKE WAKE UKE**.



- 18 Make a right **MAE KEAGE** and step forward into right **ZENKUTSU DACHI**.



- 19 Turn 180° clockwise to the right and make a right **KANSETSU GERI** and step into right **ZENKUTSU DACHI** and make a **KAKE WAKE UKE**.



- 20 Make a left **MAE KEAGE** and step forward into left **ZENKUTSU DACHI**.



On the **NAORE** command return 90° counterclockwise to the left into **FUDO DACHI**. (pull left foot back to the base position, still looking right until the turn is completed). At the command **YASUME** relax and at ease.



Sokugi Taikyoku sono Ichi



0.



1a.



1b.



2a.



2b.



3a.



3b.



4a.



4b.



5a.



5b.



6a.



6b.



7a.



7b.



8a. KIAI



8b.



9a.



9b.



10a.



10b.



11.



12.



13.



14.



15.



16. KIAI



17.



18.



19..



20.

