

Sokugi Taikyoku sono San - 足技太極三段

8° Kyu

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 third **Sokugi Kata** in the series. It has the same **Embusen** - 演武線 as the *Taikyoku Kata*, except that on each turn, *Jodan Yoko Geri* is executed. The following steps on the short sides are *Haisoku Mawashi Uchi Keage*, while the three kicks executed over the long side are *Teisoku Mawashi Soto Keage*. A *Kake Wake Uke* is performed between the *Jodan Yoko Geri* and the following *Keage* (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

Jodan Yoko Geri
Haisoku Uchi Mawashi Keage
Teisoku Soto Mawashi Keage

Kihon Jutsugo

Kamae
Hajime
Naore
Yasume

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

Adapted to the new KWF Kata-syllabus (Shihan Antonio Pinero - May 2019) with feedback of Shihan Paul Lorist.

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



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- 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**.



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- 2 Make a right **HEISOKU UCHI MAWASHI KEAGE** and step forward into right **ZENKUTSU DACHI**.



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



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- 4 Make a left **HEISOKU UCHI MAWASHI KEAGE** and step forward into left **ZENKUTSU DACHI**.



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



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



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



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



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



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- 10 Make a right **HEISOKU UCHI MAWASHI KEAGE** and step forward into right **ZENKUTSU DACHI**.



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



- 12 Make a left **HEISOKU UCHI MAWASHI KEAGE** and step forward into left **ZENKUTSU DACHI**.



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



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



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



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



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



- 18 Make a right **HEISOKU UCHI MAWASHI KEAGE** and step forward into right **ZENKUTSU DACHI**.



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



- 20 Make a left **HEISOKU UCHI MAWASHI 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.



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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.

