

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*. These Northern *Kata* found its origin from the *Shuri-te* tradition of *Karate*, which *Sosai Masutatsu Oyama* learned while training under *Gichin Funakoshi*.

Sosai Masutatsu Oyama developed **Taikyoku Sono Ichi, Ni, San – Ura** in 1980. The **Ura** - 裏 or 'reverse' kata, were an aid to developing balance and skill in circular techniques against multiple opponents. In *Taikyoku Kata in Ura* each step is reversed, meaning that every other step one steps in circle to reach the target, then performs the technique. The round steps are always performed on the strikes, not the blocks.

Dachi Waza

Fudo Dachi
Yoi Dachi
Zenkutsu Dachi
Kokutsu Dachi

Te Waza

Chudan Oi Tsuki
Jodan Oi Tsuki

Uke Waza

Seiken Uchi Uke
Seiken Gedan Barai

Kihon Jutsugo

Kamae
Yoi
Hajime
Hikite
Naore
Yasume

Kamae - 構え means *posture* or *base* and has to be differentiated from the word
Dachi - 立ち refers to the position of the body from the waist down,
Kamae refers to the posture of the entire body, as well as encompassing one's mental readiness.

Hikite - 引き手 means *drawing hand*: **Hiku** - 引き to draw or pull **Te** - 手 the hand.

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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).

Taikyoku sono Ichi Ura

Begin the **KATA** from the base **KAMAE** position in **FUDO DACHI**. On the command **TAIKYOKU SONO ICHI URA** 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 left **ZENKUTSU DACHI** blocking left **GEDAN BARAI** (pull the right hand back in **HIKITE** position).



- 2 With a straight left arm pointing forward turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** punching right **CHUDAN OI TSUKI**.



- 3 Move the back foot across and turn 180° clockwise to the right into right **ZENKUTSU DACHI** blocking right **GEDAN BARAI**.



- 4 Turn 360° counterclockwise on the right foot into left **ZENKUTSU DACHI** and punch left **CHUDAN OI TSUKI**.



- 5 Bring the left foot across 90° counterclockwise to the left into left **ZENKUTSU DACHI** and block left **GEDAN BARAI**.



- 6 Turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** and punch right **CHUDAN OI TSUKI** (1).



- 7 Turn 360° counterclockwise on the right foot into left **ZENKUTSU DACHI** and punch left **CHUDAN OI TSUKI** (2).



- 8 Turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** and punch right **CHUDAN OI TSUKI** with **KIAI** (3).



- 9 Slide the left foot across and turn through 270° counterclockwise into left **ZENKUTSU DACHI** blocking left **GEDAN BARAI**.



- 10 Turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** punching right **CHUDAN OI TSUKI**.



- 11 Slide the right foot across and turn 180° clockwise to the right into **ZENKUTSU DACHI** blocking right **GEDAN BARAI**.



- 12 Turn 360° counterclockwise on the right foot into left **ZENKUTSU DACHI** punching left **CHUDAN OI TSUKI**.



- 13 Bring the left foot across and turn 90° counterclockwise to the left into left **ZENKUTSU DACHI** and block left **GEDAN BARAI**.



- 14 Turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** punching right **CHUDAN OI TSUKI** (1).



- 15 Turn 360° counterclockwise on the right foot into left **ZENKUTSU DACHI** punching left **CHUDAN OI TSUKI** (1).



- 16 Turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** punching right **CHUDAN OI TSUKI** with **KIAI** (3).



- 17 Slide the left foot across and turn through 270° counterclockwise into left **ZENKUTSU DACHI** blocking left **GEDAN BARAI**.



- 18 Turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** punching right **CHUDAN OI TSUKI**.



- 19 Slide the right foot across and turn 180° clockwise to the right into **ZENKUTSU DACHI** blocking right **GEDAN BARAI**.



- 20 Turn 360° counterclockwise on the right foot into left **ZENKUTSU DACHI** punching left **CHUDAN OI TSUKI**.



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.



Taikyoku sono Ni Ura

Begin the **KATA** from the base **KAMAE** position in **FUDO DACHI**. On the command **TAIKYOKU SONO ICHI URA** 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 left **ZENKUTSU DACHI** blocking left **GEDAN BARAI** (pull the right hand back in **HIKITE** position).



- 2 With a straight left arm pointing forward turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** punching right **JODAN OI TSUKI**.



- 3 Move the back foot across and turn 180° clockwise to the right into right **ZENKUTSU DACHI** blocking right **GEDAN BARAI**.



- 4 Turn 360° counterclockwise on the right foot into left **ZENKUTSU DACHI** and punch left **JODAN OI TSUKI**.



- 5 Bring the left foot across 90° counterclockwise to the left into left **ZENKUTSU DACHI** and block left **GEDAN BARAI**.



- 6 Turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** and punch right **JODAN OI TSUKI** (1).



- 7 Turn 360° counterclockwise on the right foot into left **ZENKUTSU DACHI** and punch left **JODAN OI TSUKI** (2).



- 8 Turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** and punch right **JODAN OI TSUKI** with **KIAI** (3).



- 9 Slide the left foot across and turn through 270° counterclockwise into left **ZENKUTSU DACHI** blocking left **GEDAN BARAI**.



- 10 Turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** punching right **JODAN OI TSUKI**.



- 11 Slide the right foot across and turn 180° clockwise to the right into **ZENKUTSU DACHI** blocking right **GEDAN BARAI**.



- 12 Turn 360° counterclockwise on the right foot into left **ZENKUTSU DACHI** punching left **JODAN OI TSUKI**.



- 13 Bring the left foot across 90° counterclockwise to the left into left **ZENKUTSU DACHI** and block left **GEDAN BARAI**.



- 14 Turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** punching right **JODAN OI TSUKI** (1).



- 15 Turn 360° counterclockwise on the right foot into left **ZENKUTSU DACHI** punching left **JODAN OI TSUKI** (2).



- 16 Turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** punching right **JODAN OI TSUKI** with **KIAI** (3).



- 17 Slide the left foot across and turn through 270° counterclockwise into left **ZENKUTSU DACHI** blocking left **GEDAN BARAI**.



- 18 Turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** punching right **JODAN OI TSUKI**.



- 19 Slide the right foot across and turn 180° clockwise to the right into **ZENKUTSU DACHI** blocking right **GEDAN BARAI**.



- 20 Turn 360° counterclockwise on the right foot into left **ZENKUTSU DACHI** punching left **JODAN OI TSUKI**.



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.



Taikyoku sono San Ura

Begin the **KATA** from the base **KAMAE** position in **FUDO DACHI**. On the command **TAIKYOKU SONO ICHI URA** 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 left **KOKUTSU DACHI** blocking left **UCHI UKE** (pull the right hand back in **HIKITE** position).



- 2 Still with the left arm in **UCHI UKE** turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** punching right **CHUDAN OI TSUKI**.



- 3 Move the back foot across and turn 180° clockwise to the right into right **KOKUTSU DACHI** blocking right **UCHI UKE**.



- 4 Still with the right arm in **UCHI UKE** turn 360° counterclockwise on the right foot into left **ZENKUTSU DACHI** and punch left **CHUDAN OI TSUKI**.



- 5 Bring the left foot across 90° counterclockwise to the left into left **ZENKUTSU DACHI** and block left **GEDAN BARAI**.



- 6 With a straight left arm pointing forward turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** and punch right **SEIKEN JODAN OI TSUKI** (1).



- 7 Turn 360° counterclockwise on the right foot into left **ZENKUTSU DACHI** and punch left **JODAN OI TSUKI** (2).



- 8 Turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** and punch right **JODAN OI TSUKI** with **KIAI** (3).



- 9 Slide the left foot across and turn through 270° counterclockwise into left **KOKUTSU DACHI** blocking left **UCHI UKE**.



- 10 Still with the left arm in **UCHI UKE** turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** punching right **CHUDAN OI TSUKI**.



- 11 Slide the right foot across and turn 180° clockwise to the right into **KOKUTSU DACHI** blocking right **UCHI UKE**.



- 12 Still with the right arm in **UCHI UKE** turn 360° counterclockwise on the right foot into left **ZENKUTSU DACHI** punching left **CHUDAN OI TSUKI**.



- 13 Bring the left foot across 90° counterclockwise to the left into left **ZENKUTSU DACHI** and block left **GEDAN BARAI**.



- 14 With a straight left arm pointing forward turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** punching right **JODAN OI TSUKI** (1).



- 15 Turn 360° counterclockwise on the right foot into left **ZENKUTSU DACHI** punching left **JODAN OI TSUKI** (2).



- 16 Turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** punching right **JODAN OI TSUKI** with **KIAI** (3).



- 17 Slide the left foot across and turn through 270° counterclockwise into left **KOKUTSU DACHI** blocking left **UCHI UKE**.



- 18 Still with the left arm in **UCHI UKE** turn 360° clockwise on the left foot into right **ZENKUTSU DACHI** punching right **CHUDAN OI TSUKI**.



- 19 Slide the right foot across and turn 180° clockwise to the right into **KOKUTSU DACHI** blocking right **UCHI UKE**.



- 20 Still with the right arm in **UCHI UKE** turn 360° counterclockwise on the right foot into left **ZENKUTSU DACHI** punching left **JODAN OI TSUKI**.



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.

