

Taikyoku Kata - 太極

The name **Taikyoku** - 太極 refers to the Chinese philosophical concept of Taiji. *Taikyoku* is literally translated as 'Great Uptime'. The word *Taikyoku* can also mean overview or intent – seeing the whole rather than concentrating on the individual parts, and keeping an open mind or beginner's mind. No prejudices and endless possibilities are pursued in the training. That's why a karateka should never think that, as soon as he gets better or passes to a more complex *Kata*, the first and most basic *Kata* is less important, and therefore must 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 *Pinan* series. *Taikyoku Kata* are often introduced first, in preparation for the *Pinan Kata*. These northern *Kata* are based on the **Shuri-te** tradition of karate, which Sosai Masutatsu Oyama taught while exercising under Gichin Funakoshi.

The respective **Embusen** - 演武線 or trajectory/route/road of all *Taikyoku Kata* is an 'I'. At each turn a block is executed, followed by a step and a punch. Back and forth in the middle there are three punches.

The three **Sokugi Kata** were made by Mas Oyama to further develop kick skills. They have the same *Embusen* as the original *Taikyoku Kata*. **Sokugi** - 足技 literally means 'foot', 'technique' or 'kicking'. They were only formally introduced to the *Kyokushin* syllabus after the death of Mas Oyama.

Mas Oyama developed *Taikyoku sono Ichi, Ni, San – URA* in 1980. The *Ura* (裏) or 'reverse' *Kata*, was a tool to develop balance and skill in circular movements (turning) against multiple opponents. A circular movement (turn) is made to achieve the goal of performing the technique afterwards.

Techniques used

Dachi Waza

Fudo Dachi
Hachi Ji Dachi (Joi)
Zenkutsu Dachi
Kokutsu Dachi

Tsuki or Te Waza

Chudan Oi Tsuki
Jodan Oi Tsuki

Uke Waza

Gedan Barai
Uchi Uke
Kake Wake Uke

Geri Waza

Kensetsu Geri
Yoko Geri
Jodan Mae (Geri) Keage
Haisoku Uchi Mawashi (Geri) Keage
Teisoku Soto Mawashi (Geri) Keage

Kihon Jutsugo

Kamae
Hajime
Hikite
Naore
Yasume

Taikyoku Kata - 太極



Taikyoku sono Ichi - 太極一段

At *Taikyoku sono Ichi* all the punches are *Chudan*.

Taikyoku sono Ni - 太極二段

It is performed in the same way as *Taikyoku Sono Ichi*, except that all the punches are *Jodan*.

Taikyoku sono San - 太極三段

In *Taikyoku sono San*, *Kokutsu Dachi* and *Uchi Uke* are introduced to the *Kata*. Although *Taikyoku sono San* should be considered a base *Kata*, it takes a long time to perform these techniques satisfactorily.

Sokugi Taikyoku sono Ichi - 足技太極一段

At the first *Sokugi Kata* in the series, a *Kansetsu Geri* is performed on each turn, while on the next step or the three steps over the middle, *Jodan Mae (Geri) Keage* is performed.

Sokugi Taikyoku sono Ni - 足技太極二段

On each turn *Yoko Geri* follows, while on the next step or the three steps over the middle, *Jodan Mae Geri Keage* is carried out.

Sokugi Taikyoku sono San - 足技太極三段

On each turn *Yoko Geri* follows. The next kicks on the short sides are *Haisoku Uchi Mawashi (Geri) Keage*, while the three kicks on the long side are *Teisoku Soto Mawashi (Geri) Keage*. After the *Yoko Geri* *Yoko Geri* follows a *Kake Wake Uke (Morote Gedan Barai)*, followed by a next *Keage*.

Taikyoku Kata in Ura - 太極裏

In the *Taikyoku Kata in Ura*, each circle movement is performed before the punch techniques, not for the blocks.

Kamae - 構え means posture or base. *Kamae* should be distinguished from the word *Dachi* - 立ち. *Dachi* refers to the position of the body from the waist down, *Kamae* refers to the posture of the whole body and also includes mental preparedness.

Hikite - 引き手 means retreating hand: *Hiku* - 引き pulling or withdrawing, *Te* - 手 the hand.

Mae Geri - 前蹴り means kick forward, *Mae (Geri) Keage* - 前蹴上げ is a 'snap' kick forward and *Mae (Geri) Kekomi* - 前蹴込み is a 'thrust' kick forward. Within *Kyokushin* in the Netherlands *Keage* is used for a 'leg sweep'. Internationally and within the other *Kyokushin* styles, literal translation and meaning are held.

Haisuko - 背足 literally means 'inverted foot' or top of the foot (instep).

Teisuko - 低足 means sole of the foot.