

Taikyoku sono Ichi - 太極一段

10^e Kyu

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*.

First *Kata* in the series. The **Embusen** - 演武線 or pathway of all the *Taikyoku Kata* is an 'I'. On each turn, a block is executed, followed by a step and a strike. Up and back the middle, there are three punches. *Taikyoku sono Ichi* and *Taikyoku sono Ni* are identical in movement with the exception that all the punches in *Taikyoku Sono Ichi* are at middle level (*Chudan*) and in *Taikyoku Sono Ni* the punches are at upper level (*Jodan*).

Known as the *Northern Kata* within *Kyokushin Karate*, **Taikyoku sono Ichi** was adapted by Sosai Masutatsu Oyama from his background in the **Shuri-Te** tradition, as 4th than in *Shotokan Karate*, which he learned from sensei Gichin Funakoshi.

Dachi Waza

Fudo Dachi
Yoi Dachi
Heiko Dachi
Zenkutsu Dachi

Te Waza

Chudan Oi Tsuki

Uke Waza

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. **Dachi** 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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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 **TAIKYOKU SONO ICHI** 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 left **ZENKUTSU DACHI** blocking left **GEDAN BARAI** (pull the right hand back in **HIKITE** position).



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- 2 Step forward into right **ZENKUTSU DACHI** (70% of the body weight is on the front leg; position of the gravity is 7-3 position) punching right **CHUDAN OI TSUKI**.



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



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- 4 Move forward into left **ZENKUTSU DACHI** and punch left **CHUDAN OI TSUKI**.



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



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- 6 Step forward into right **ZENKUTSU DACHI** (when stepping forward, don't turn your front foot into 45°, this will happen when you punch and twist your hips an whole body) and punch right **SEIKEN CHUDAN OI TSUKI** (1).



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- 7 Step forward into left **ZENKUTSU DACHI** and punch left **CHUDAN OI TSUKI** (2).



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- 8 Step forward into right **ZENKUTSU DACHI** and punch right **CHUDAN OI TSUKI** with **KIAI** (3).



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



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- 10 Step forward into right **ZENKUTSU DACHI** punching right **CHUDAN OI TSUKI**.



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



- 12 Step forward 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 Step forward into right **ZENKUTSU DACHI** punching right **CHUDAN OI TSUKI** (1).



- 15 Step forward into left **ZENKUTSU DACHI** punching left **CHUDAN OI TSUKI** (1).



- 16 Step forward 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 Step forward 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 Step forward 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.



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1.



2.



3.



4.



5.



6.



7.



8. KIAI



9.



10.



11.



12.



13.



14.



15.



16. KIAI



17.



18.



19.



20.

