

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 *Kata* in the series. It is performed with the same **Embusen** - 演武線 or pathway of all the other *Taikyoku* *Kata*. In *Taikyoku sono San*, *Kokutsu Dachi* and *Uchi Uke* are introduced into the *Kata*. Though *Taikyoku Sono San* should be considered a basic *Kata*, it takes beginners a long time to perform these techniques satisfactorily.

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

Dachi Waza

Fudo Dachi
Yoi Dachi
Heiko Dachi
Kokutsu Dachi
Zenkutsu Dachi

Te Waza

Chudan Oi Tsuki
Jodan 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 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).

Begin the **KATA** from the base **KAMAE** position in **FUDO DACHI**. On the command **TAIKYOKU SONO SAN** 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 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**.



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



- 4 Move forward 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 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 JODAN OI TSUKI** (1).



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



- 8 Step forward 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 Step forward 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 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 **JODAN OI TSUKI** (1).



- 15 Step forward into left **ZENKUTSU DACHI** punching left **JODAN OI TSUKI** (2).



- 16 Step forward 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 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 **KOKUTSU DACHI** blocking right **UCHI UKE**.



- 20 Step forward 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 Kata



0.



1.



2.



3.



4.



5.



6.



7.



8. KIAI



9.



10.



11.



12.



13.



14.



15.



16. KIAI



17.



18.



19.



20.

