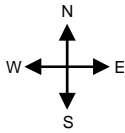


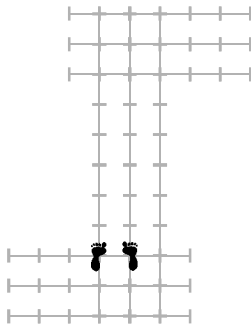
Movement Chart for Taigyoku Nidan (2nd Kata) – Page 1 of 3



Grid is marked in single shoulder-width divisions

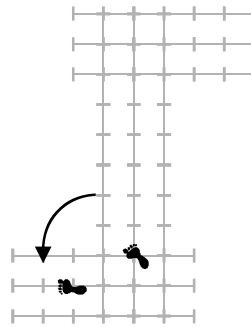


Start



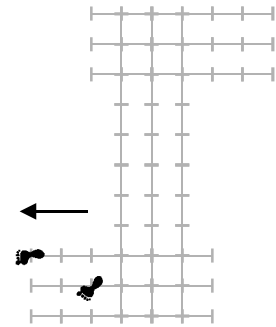
Start in parallel stance facing north. Bow. Move your left leg in towards your right and bring your heels together. Place your hands by your sides. Bow. Moving your left leg, return to parallel stance.

1 – Ichi



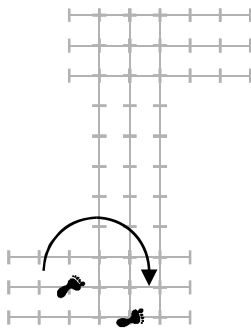
Look sharply to your left. Pivoting on your right foot, turn your body to your left and move your left foot to form long forward stance facing west. At the same time, sweep your left arm downwards, performing downward sweeping block.

2 – Ni



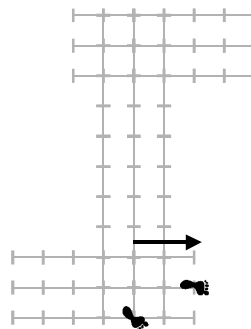
Keeping your feet stationary, perform a mid-level reverse punch with your right arm. Now perform a front kick using your right leg and return your foot to your knee, but instead of continuing back to your original stance, place the foot on the ground ahead of you to finish in long forward stance with your right leg forward.

3 – San



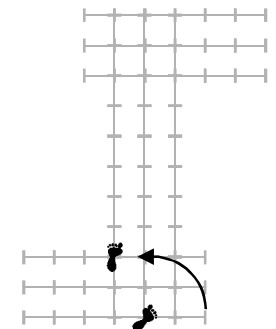
Look behind you over your right shoulder. Move your right foot back and place it on the floor two shoulder-widths behind and one shoulder-width to the south of your left foot. Turning to the right, rotate your body 180 degrees. As you rotate, perform a downward sweeping block using your right arm. You should end up in long forward stance facing east with your right leg forwards.

4 – Shi



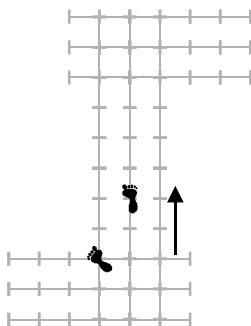
Keeping your feet stationary, perform a mid-level reverse punch with your left arm. Now perform a front kick using your left leg and return your foot to your knee, but instead of continuing back to your original stance, place the foot on the ground ahead of you to finish in long forward stance with your left leg forward.

5 - Go



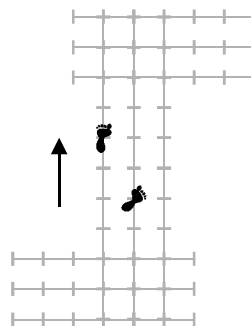
Look sharply to your left. Pivoting on your right foot, turn your body to your left and move your left foot forward to form long forward stance. At the same time, sweep your left arm downwards, performing downward sweeping block. Finish with your body facing north.

6 – Roku



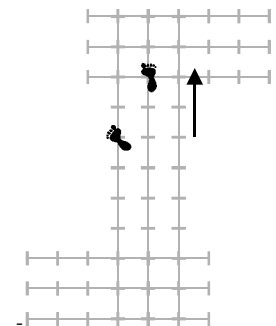
Perform a front kick with your right leg. Rather than bringing the foot back to its original position, after it has returned to your knee, step forward to finish in long forward stance. As the foot lands, deliver a mid-level stepping punch with your right arm, timed to strike just before the foot reaches the ground.

7 – Shichi



Perform a front kick with your left leg. Rather than bringing the foot back to its original position, after it has returned to your knee, step forward to finish in long forward stance. As the foot lands, deliver a mid-level stepping punch with your left arm, timed to strike just before the foot reaches the ground.

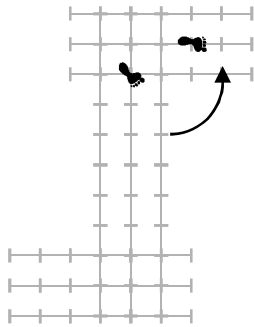
8 – Hachi



Perform a front kick with your right leg. Rather than bringing the foot back to its original position, after it has returned to your knee, step forward to finish in long forward stance. As the foot lands, deliver a mid-level stepping punch with your right arm, timed to strike just before the foot reaches the ground.. As the punch lands, kiai loudly.

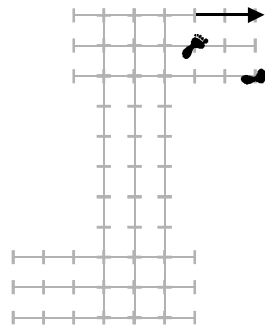
Movement Chart for Taigyoku Nidan (2nd Kata) – Page 2 of 3

9 – Ku



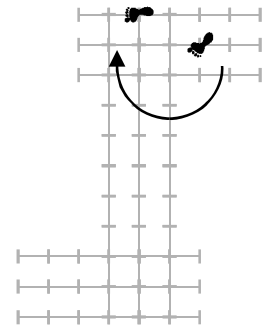
Look sharply to your right. Pivoting your body anti-clockwise on your right foot, move your left foot and place it on the floor two shoulder-widths to the east and one shoulder-width to the north of your right foot. Continue rotating your body until you are facing east in long forward stance. As you rotate, perform a downward sweeping block using your left arm. Finish with your body facing east.

10 – Ju



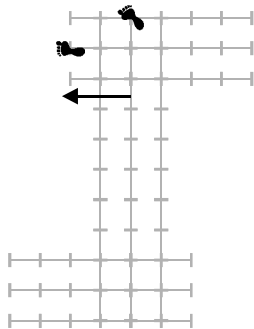
Keeping your feet stationary, perform a mid-level reverse punch with your right arm. Now perform a front kick using your right leg and return your foot to your knee, but instead of continuing back to your original stance, place the foot on the ground ahead of you to finish in long forward stance with your right leg forward.

1 - Ichi



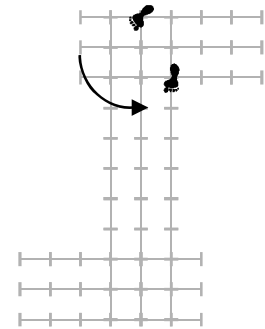
Look behind you over your right shoulder. Move your right foot back and place it on the floor two shoulder-widths behind and one shoulder-width to the north of your left foot. Turning to your right, rotate your body 180 degrees. As you rotate, perform a downward sweeping block using your right arm. You should end up in long forward stance facing west with your right leg forwards.

2 – Ni



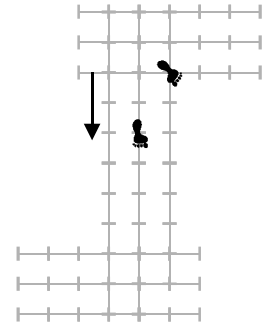
Keeping your feet stationary, perform a mid-level reverse punch with your left arm. Now perform a front kick using your left leg and return your foot to your knee, but instead of continuing back to your original stance, place the foot on the ground ahead of you to finish in long forward stance with your left leg forward.

3 – San



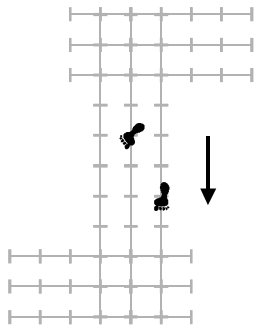
Look sharply to your left. Pivoting on your right foot, turn your body to your left and move your left foot to form long forward stance. At the same time, sweep your left arm downwards, performing downward sweeping block. Finish with your body facing south.

4 - Shi



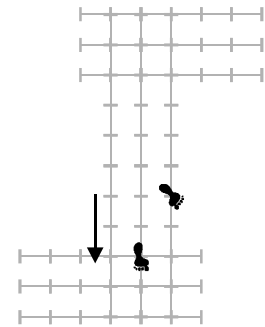
Perform a front kick with your right leg. Rather than bringing the foot back to its original position, after it has returned to your knee, step forward to finish in long forward stance. As the foot lands, deliver a mid-level stepping punch with your right arm, timed to strike just before the foot reaches the ground.

5 - Go



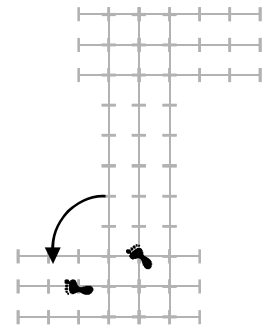
Perform a front kick with your left leg. Rather than bringing the foot back to its original position, after it has returned to your knee, step forward to finish in long forward stance. As the foot lands, deliver a mid-level stepping punch with your left arm, timed to strike just before the foot reaches the ground.

6 - Roku



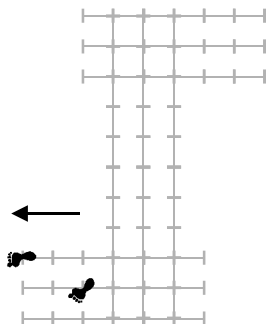
Perform a front kick with your right leg. Rather than bringing the foot back to its original position, after it has returned to your knee, step forward to finish in long forward stance. As the foot lands, deliver a mid-level stepping punch with your right arm, timed to strike just before the foot reaches the ground.. As the punch lands, kiai loudly.

7 - Shichi



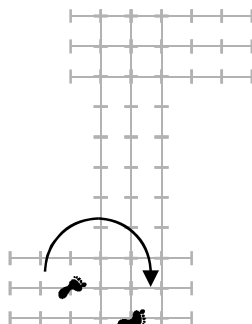
Look sharply to your right. Pivoting your body anti-clockwise on your right foot, move your left foot and place it on the floor two shoulder-widths to the west and one shoulder-width to the south of your right foot. Continue rotating your body until you are facing west in long forward stance. As you rotate, perform a downward sweeping block using your left arm. Finish with your body facing west.

8 - Hachi



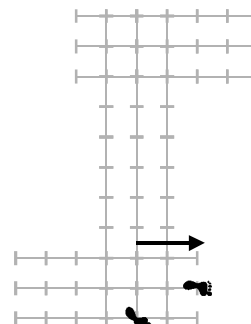
Keeping your feet stationary, perform a mid-level reverse punch with your right arm. Now perform a front kick using your right leg and return your foot to your knee, but instead of continuing back to your original stance, place the foot on the ground ahead of you to finish in long forward stance with your right leg forward.

9 - Ku



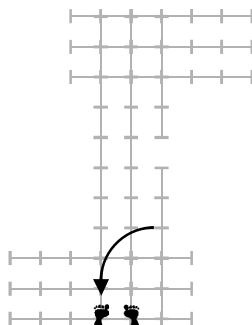
Look behind you over your left shoulder. Move your right foot back and place it on the floor two shoulder-widths behind and one shoulder-width to the south of your left foot. Turning to the right, rotate your body 180 degrees. As you rotate, perform a downward sweeping block using your right arm. You should end up in long forward stance facing east with your right leg forwards.

10 - Ju



Keeping your feet stationary, perform a mid-level reverse punch with your right arm. Now perform a front kick using your right leg and return your foot to your knee, but instead of continuing back to your original stance, place the foot on the ground ahead of you to finish in long forward stance with your right leg forward.

End



Look to your left. Turn your body to the left and stand in parallel stance, moving your left foot back to stand beside your right, feet a shoulder-width apart. You should be facing north. Bring your heels together, moving your left foot alongside your right. Place your hands by your sides. Bow. Move your left foot away and return to parallel stance.

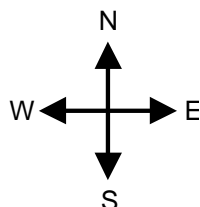


Chart and text
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Disclaimer - This chart is not intended to be a definitive description of Kata Taigyoku Nidan. It's a reminder of the key moves and is designed for use in conjunction with instruction by your sensei. For queries or corrections, please email me at matb@cix.co.uk. Visit www.gkrkarate.org for more great stuff!