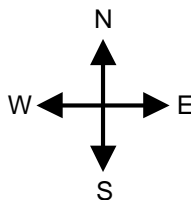


Movement Chart for Taigyoku Shodan (1st Kata) – Page 1 of 3

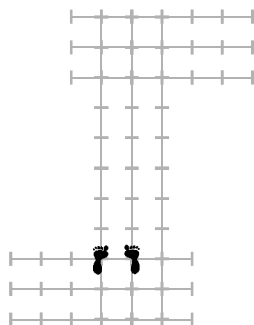


Grid is marked in single shoulder-width divisions

Kata available on video and DVD from your sensei

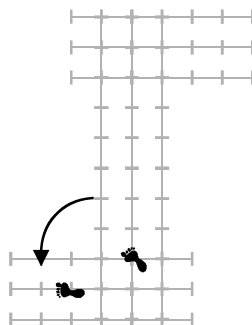


Start



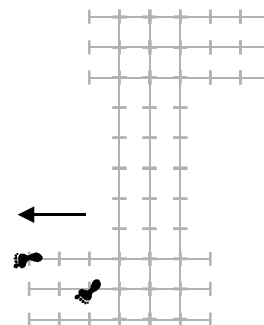
Start in parallel stance facing north. Move your left leg in towards your right and bring your heels together. Place your hands by your sides. Bow. Moving your left leg, return to parallel stance.

1 – Ichi



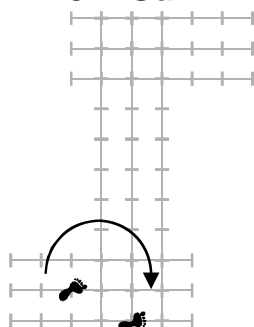
Look sharply to your left. Pivoting on your right foot, turn your body to your left, and move your left foot to form long forward stance facing west. At the same time, sweep your left arm downwards, performing a downward sweeping block.

2 – Ni



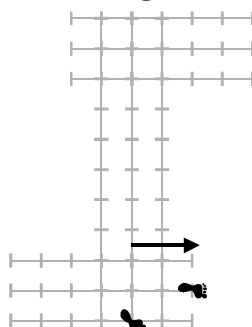
Step forward with your right leg into long forward stance. At the same time, deliver a mid-level stepping punch with your right arm, timed to strike just before your foot lands.

3 – San



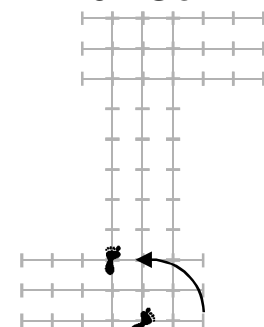
Look behind you over your right shoulder. Move your right foot back and place it on the floor two shoulder-widths behind and one shoulder-width to the south of your left foot. Turning to the right, rotate your body 180 degrees. As you rotate, perform a downward sweeping block using your right arm. You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

4 – Shi



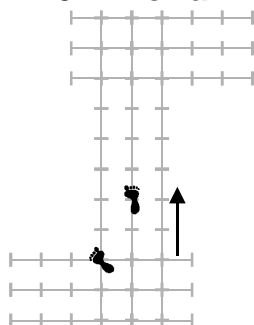
Step forward with your left leg into long forward stance. At the same time, deliver a mid-level stepping punch using your left arm, timed to strike just before your foot lands.

5 - Go



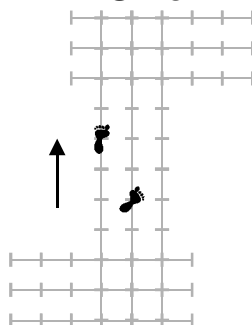
Look sharply to your left. Pivoting on your right foot, turn your body to your left and move your left foot to form long forward stance facing north. At the same time, sweep your left arm downwards, performing a downward sweeping block.

6 – Roku



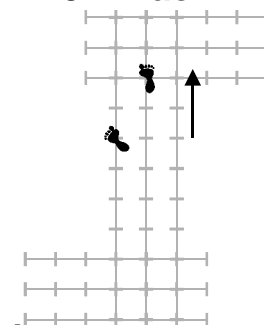
Step forward with your right leg into long forward stance and deliver a mid-level stepping punch with your right arm, timed to strike just before your foot lands.

7 – Shichi



Step forward with your left leg into long forward stance and deliver a mid-level stepping punch with your left arm, timed to strike just before your foot lands.

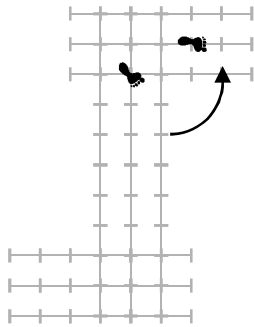
8 – Hachi



Step forward with your right leg into long forward stance and deliver a mid-level stepping punch with your right arm, timed to strike just before your foot lands. As the punch lands, kiai loudly.

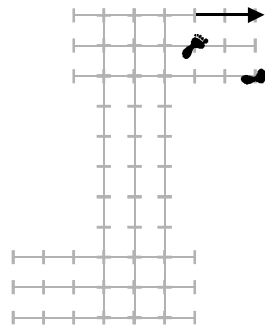
Movement Chart for Taigyoku Shodan (1st Kata) – Page 2 of 3

9 – Ku



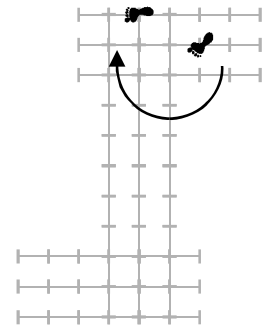
Look sharply to your right. Pivoting your body anti-clockwise on your right foot, move your left foot and place it on the floor two shoulder-widths to the east and one shoulder-width to the north of your right foot. Continue rotating your body until you are facing east in long forward stance. As you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

10 – Ju



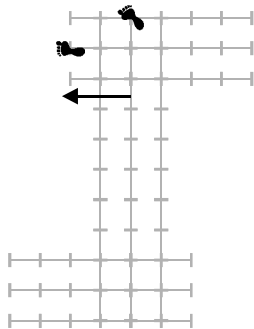
Step forward with your right leg into long forward stance. At the same time, deliver a mid-level stepping punch with your right arm, timed to strike just before your foot lands.

1 – Ichi



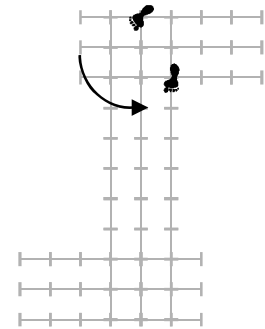
Look behind you over your right shoulder. Move your right foot back and place it on the floor two shoulder-widths behind, and one shoulder-width to the north of your left foot. Turning to your right, rotate your body 180 degrees. As you rotate, perform a downward sweeping block using your right arm.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

2 – Ni



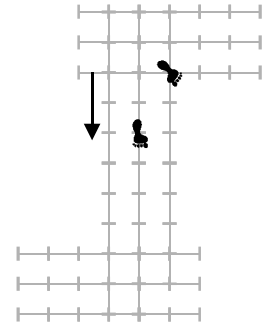
Step forward with your left leg into long forward stance. At the same time, deliver a mid-level stepping punch using your left arm, timed to strike just before your foot lands.

3 – San



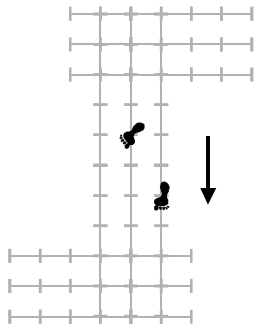
Look sharply to your left. Pivoting on your right foot, turn your body to your left and move your left foot to form long forward stance facing south. At the same time, sweep your left arm downwards, performing a downward sweeping block.

4 – Shi



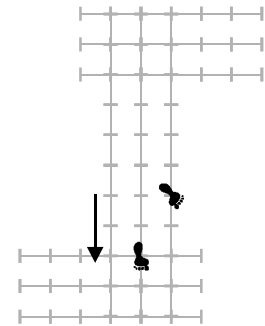
Step forward with your right leg into long forward stance and deliver a mid-level stepping punch with your right arm, timed to strike just before your foot lands.

5 – Go



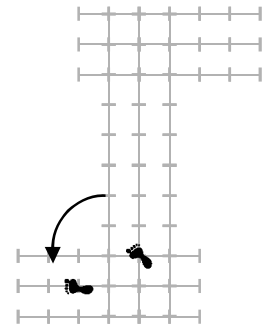
Step forward with your left leg into long forward stance and deliver a mid-level stepping punch with your left arm, timed to strike just before your foot lands.

6 – Roku



Step forward with your right leg into long forward stance and deliver a mid-level stepping punch with your right arm, timed to strike just before your foot lands. As the punch lands, kiai loudly.

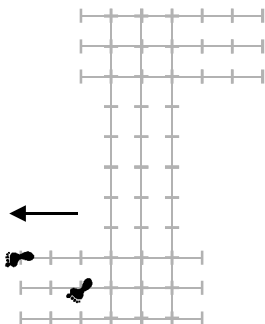
7 – Shichi



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.

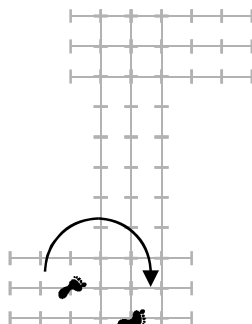
Movement Chart for Taigyoku Shodan (1st Kata) – Page 3 of 3

8 - Hachi



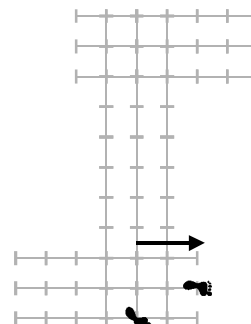
Step forward with your right leg into long forward stance. At the same time, deliver a mid-level stepping punch with your right arm, timed to strike just before your foot lands.

9 - Ku



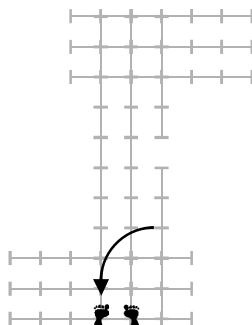
Look behind you over your left shoulder. Move your right foot back and place it on the floor two shoulder-widths behind, and one shoulder-width to the south of your left foot. Turning to the right, rotate your body 180 degrees. As you rotate, perform a downward sweeping block using your right arm. You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

10 - Ju



Step forward with your left leg into long forward stance. At the same time, deliver a mid-level stepping punch using your left arm timed to strike just before your foot lands.

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.

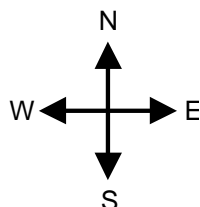


Chart and text
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Disclaimer - This chart is not intended to be a definitive description of Kata Taigyoku Shodan. It's a reminder of the key moves and is designed for use in conjunction with instruction by your sensei. For queries or corrections, please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