

Be responsible for learning your katas.

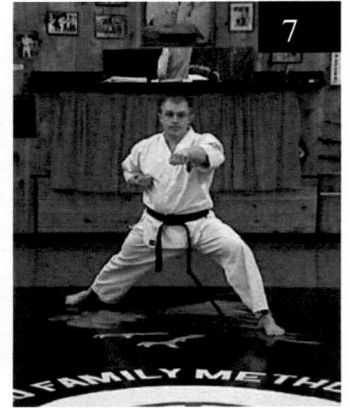
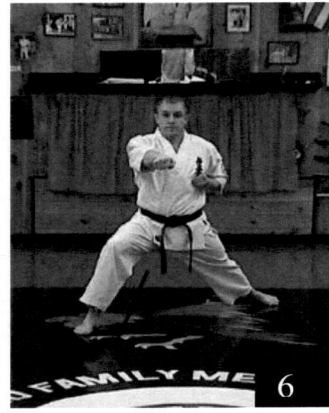
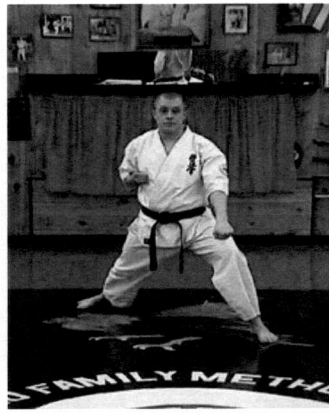
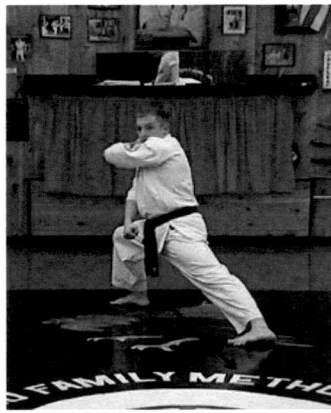
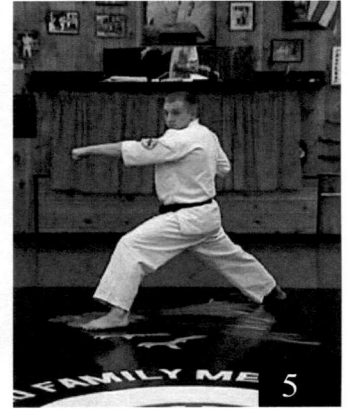
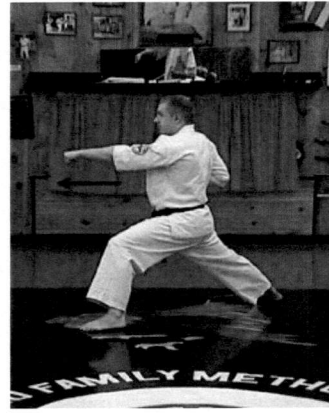
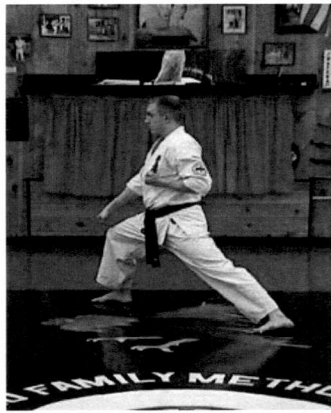
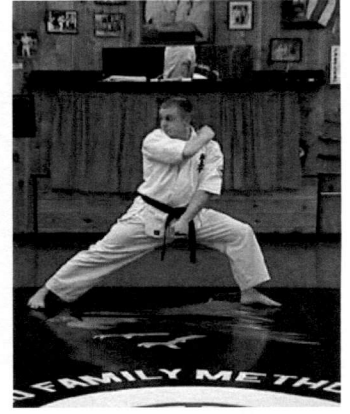
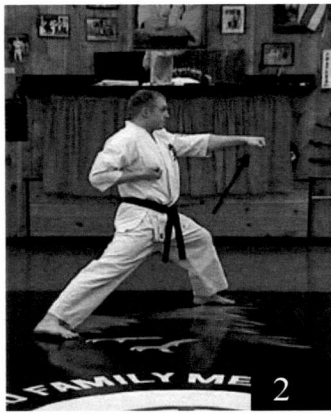
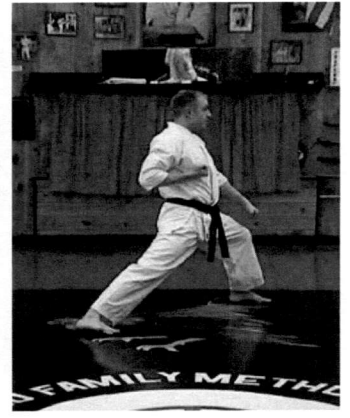
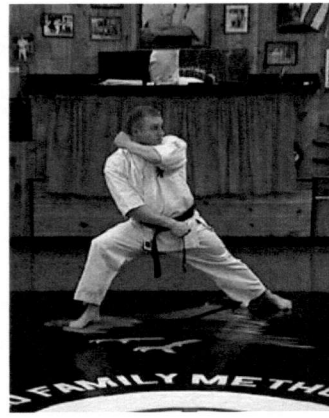
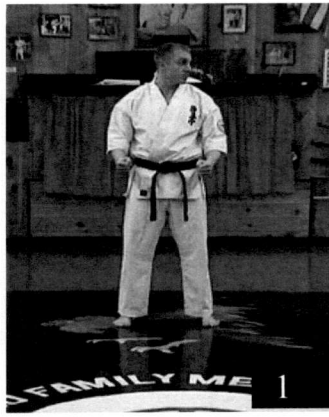
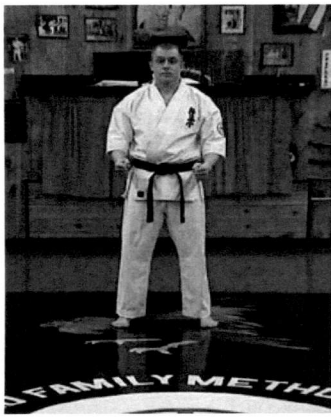
Taikyoku Ichi

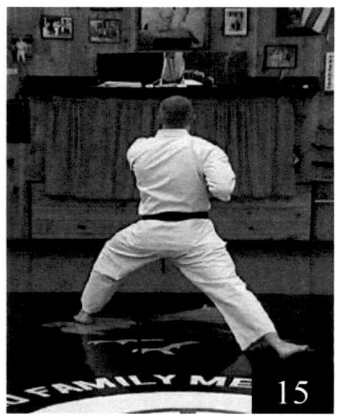
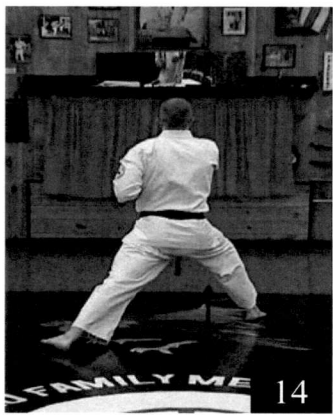
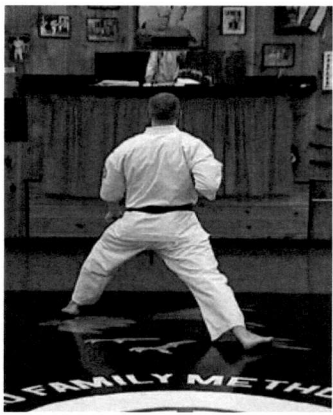
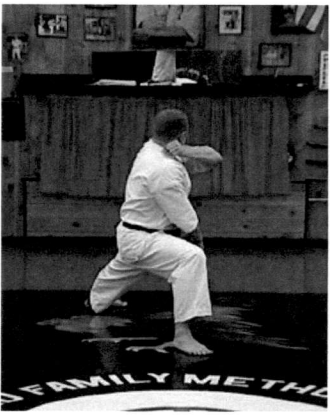
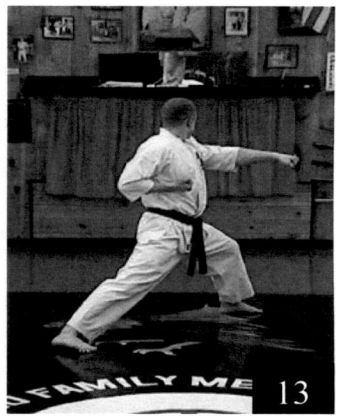
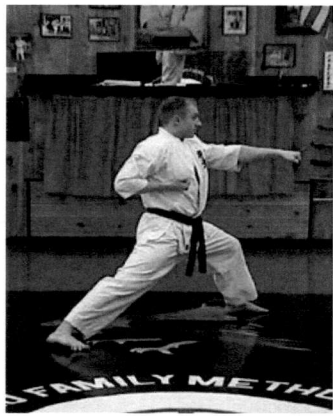
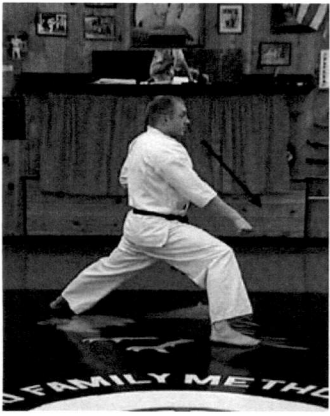
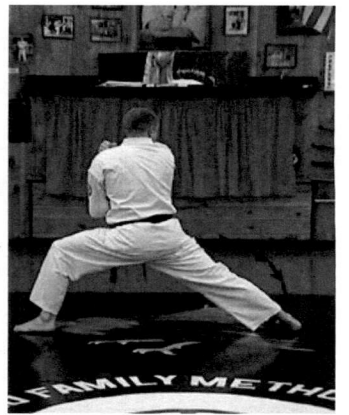
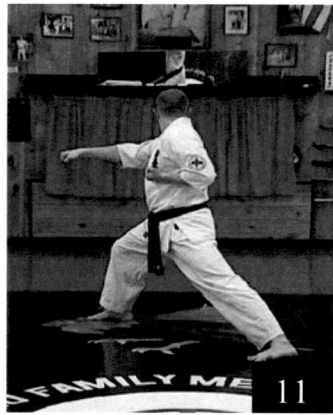
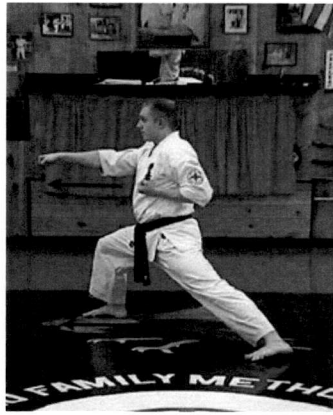
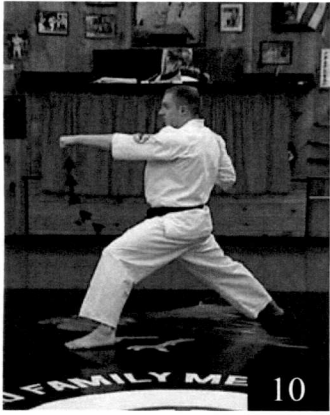
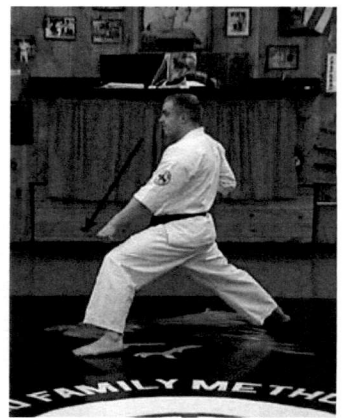
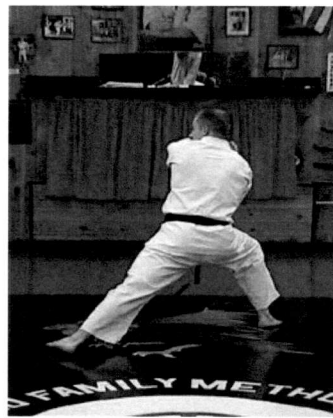
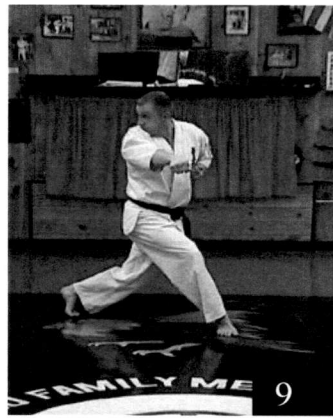
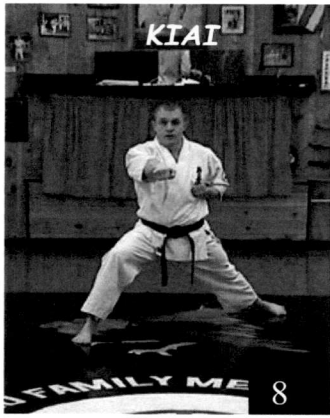
- 1) From Yoi Dachi, look to your left, step back with your left leg and begin block, turn hips into left ZD as you block GB, with your left hand. Your fist should be 2" off the knee, inline with your left leg.
- 2) Raise your left hand to perform hidden move, step through into right ZD and punch chudan level (middle) with your right hand.
- 3) Look over your shoulder step back with your right foot and turn hips into right ZD and block GB with your right hand. Fist should be inline with leg, 2" above the knee.
- 4) Raise your right hand to perform hidden move, step through into left ZD and punch chudan level (middle) with your left hand.
- 5) Look to the left, over your shoulder, step 90 degrees, turn your hips into left ZD and block GB, with your left hand.
- 6) Slide straight into right ZD and punch chudan level, with your right hand.
- 7) Slide straight into left ZD and punch chudan level, with your left hand.
- 8) Slide straight into right ZD and punch chudan level, with your right hand. **KIAI!**
- 9) Look over shoulder, begin $\frac{3}{4}$ turn by stepping into Kake Dachi (Hook Stance), turn 270 degrees into left ZD and perform GB, with your left hand.
- 10) Raise your left hand to perform hidden move, step through to right ZD and punch chudan level with your right hand.
- 11) Look over shoulder, step back 180 degrees, turn hips into right ZD and block GB, with your right hand.
- 12) Raise your right hand to perform hidden move, step through into Left ZD and punch chudan level with your left hand.
- 13) Look over your shoulder, step back 90 degrees and begin block, turn hips into left ZD and perform GB with left hand.
- 14) Slide straight into right ZD and punch chudan level with your right hand.
- 15) Slide straight into left ZD and punch chudan level with your left hand.
- 16) Slide straight into right ZD and punch chudan level with your right hand. **KIAI!**
- 17) Look over shoulder, begin $\frac{3}{4}$ turn by stepping into KK (Hook Stance), turn 270 degrees into left ZD and perform GB with your left hand.
- 18) Raise your left hand to perform hidden move, step through into right ZD and punch chudan level with your right hand.
- 19) Look over shoulder, step back 180 degrees, turn hips into right ZD and perform GB with your right hand.
- 20) Raise your right hand to perform hidden move, step through into left ZD and punch chudan level with your left hand.
- 21) Return to Yoi Dachi upon Norai. Bow and end kata upon Rei.

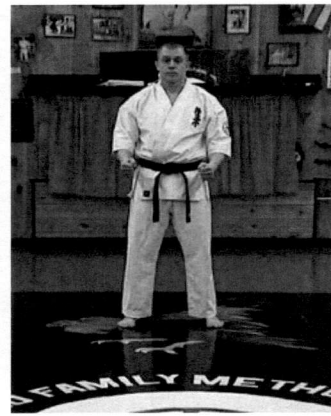
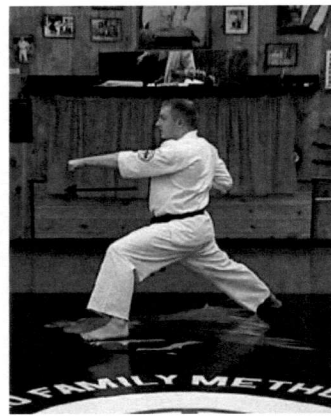
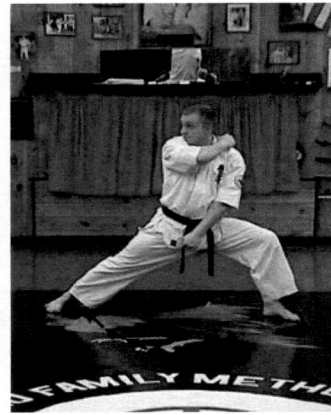
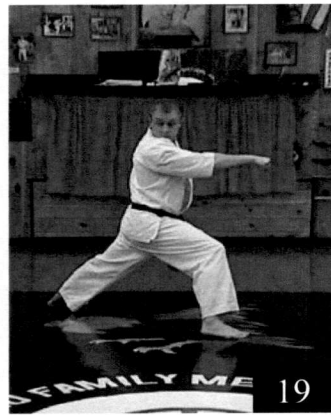
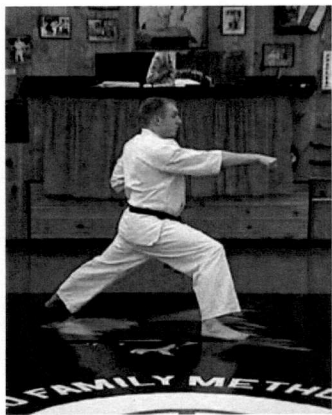
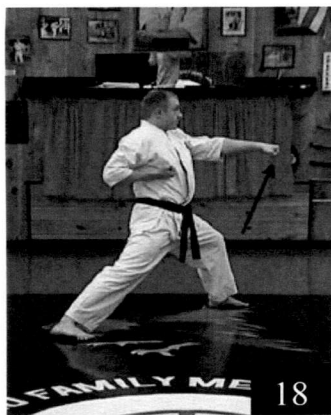
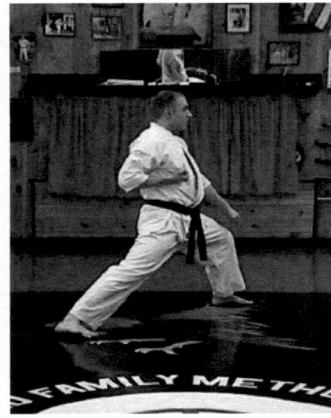
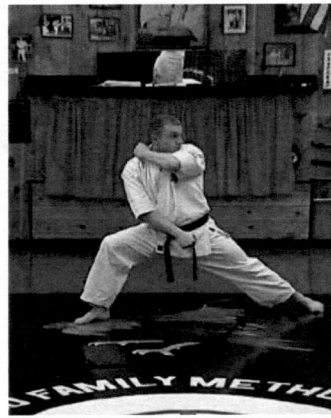
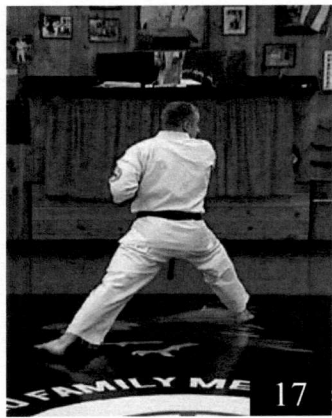
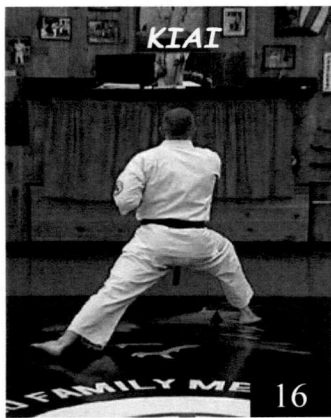
Taikyoku Ni

Taikyoku Ni is the same as Ichi except that all punches are performed to jodan level (upper).

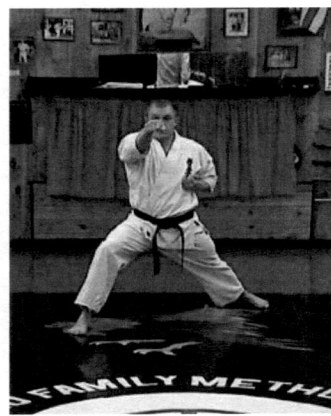
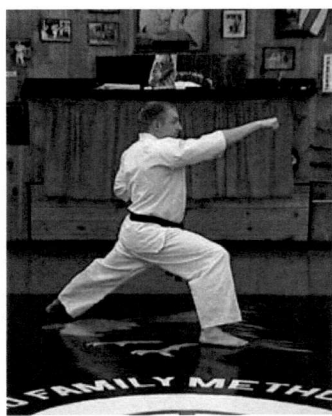
Taikyoku Ichi







Taikyoku Ni



Taikyoku San

- 1) From Yoi Dachi, step back with your left leg and begin block, turn hips into left Kokutso Dachi (KKD) as you perform Chudan Uchi Uke (CUU) block.
- 2) Turn left hand over into a punch to perform hidden move, step through into right ZD and punch chudan with your right hand.
- 3) Look over your shoulder step back into right KKD and block CUU with your right hand.
- 4) Turn right hand over into a punch to perform hidden move, step through into left ZD and punch chudan level with your left hand.
- 5) Look over your shoulder, step 90 degrees, turn into left ZD and block GB with your left hand.
- 6) Slide straight into right ZD and punch jodan level with your right hand.
- 7) Slide straight into left ZD and punch jodan level with your left hand.
- 8) Slide straight into right ZD and punch jodan level with your right hand. **KIAI!**
- 9) Look over shoulder, begin $\frac{3}{4}$ turn by stepping into Kake Dachi (hook stance), turn 270 degrees into left KKD and perform CUU with your left hand.
- 10) Turn your left hand over into a punch to perform hidden move, step through into right ZD and punch chudan level with your right hand.
- 11) Look over shoulder, step back 180 degrees, turn hips into right KKD and perform CUU with your right hand.
- 12) Turn your right hand over into a punch to perform hidden move, step through into left ZD and punch chudan level with your left hand.
- 13) Look over your shoulder, step 90 degrees, turn into left ZD and block GB with your left hand.
- 14) Slide straight into right ZD and punch jodan level with your right hand.
- 15) Slide straight into left ZD and punch jodan level with your left hand.
- 16) Slide straight into right ZD and punch jodan level with your right hand. **KIAI!**
- 17) Look over shoulder, begin $\frac{3}{4}$ turn by stepping into KK (hook stance), turn 270 degrees into left KKD and perform CUU with your left hand.
- 18) Turn your left hand over into a punch to perform hidden move, step through into right ZD and punch chudan level with your right hand.
- 19) Look over shoulder, step back 180 degrees, turn hips into right KKD and perform GB with your right hand.
- 20) Turn your right hand over into a punch to perform hidden move, step through into left ZD and punch chudan level with your left hand.
- 21) Return to Yoi Dachi upon Norai. Bow and end kata upon Rei.



