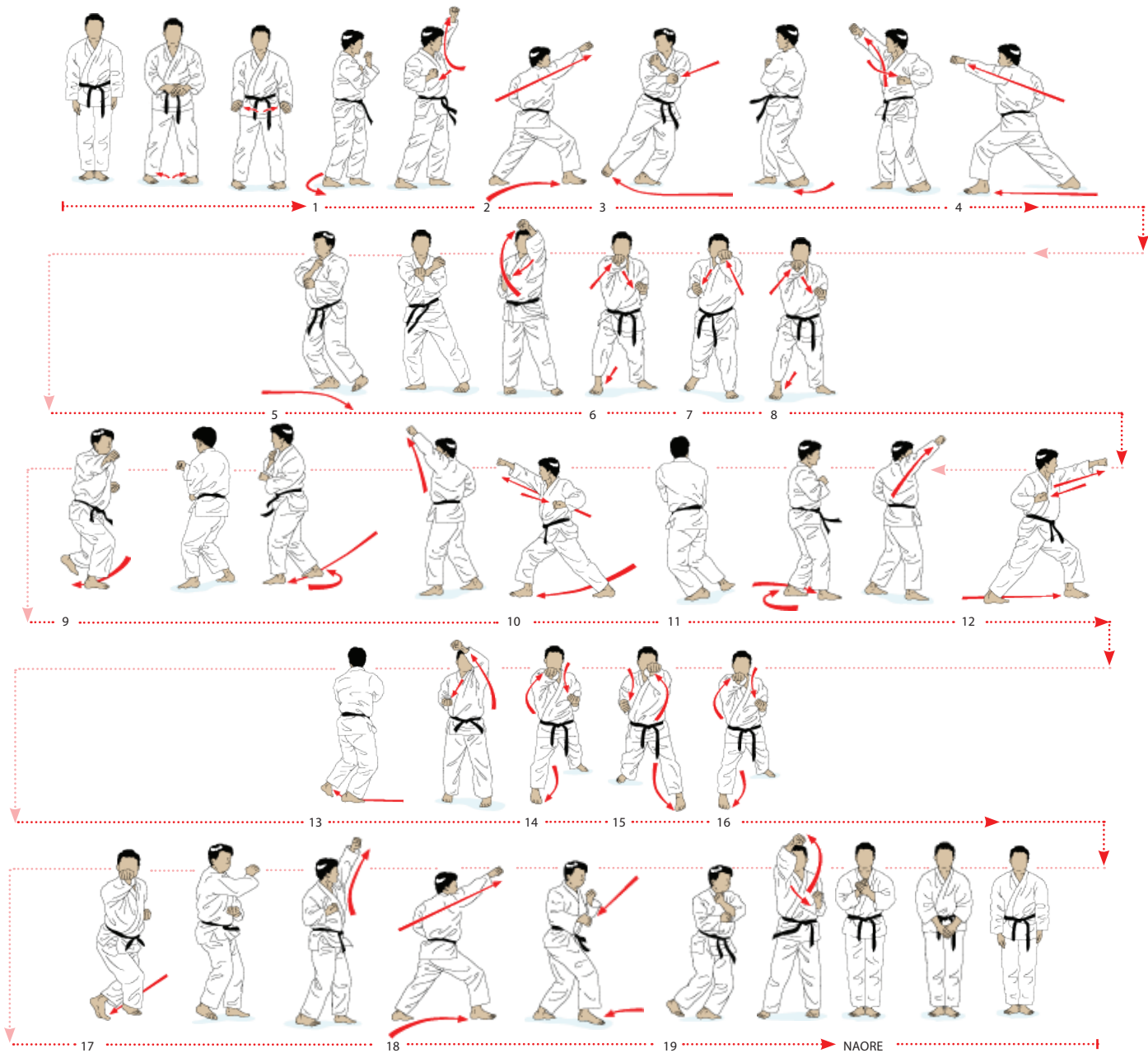


TAIKYOKU KATA

A Diagram in illustration of the Taikyoku directional formation.

The Taikyoku kata from Taikyoku Jodan to Taikyoku Mawashiuke were created by Gogen Yamaguchi Sensei, the founder of the J.K.G.A. / I.K.G.A. - Beginners first practise Taikyoku Kata before learning Gekisai Dai-Ichi and Gekisai Dai-Ni. The Taikyoku and Gekisai kata are called "Fukyukata" (Kata for propagation). Taikyoku Jodan is divided into two versions. In Taikyoku Jodan 1, both block and punches are performed in Sanchin Dachi while punches are performed in Zenkutsu dachi. All blocks are Jodan Uke and all punches are Jodan Seiken Tsuki. All steps in the kata are performed quickly. The word "Taikyoku" means the direction of movement. There are 19 movements in Taikyoku Jodan, from "Heiko Dachi Yoi" at the starting position to "Naore". They all follow the basic "H" or "I" pattern, and increase slightly in difficulty as more techniques are added.



Since all Taikyoku Kata function on this directional diagram, students will only be issued a graphical illustration of this one kata. Further breakdowns of Taikyoku kata in a text-only version will be issued for each subsequent Kata. Additional material is available via official publications of the J.K.G.A. / I.K.G.A.