



## Taikyoku Shodan

Taikyoku is translated as "first course" or "basic ultimate." The Taikyoku kata were developed by Gichin Funakoshi as a way to simplify the principles of the already simplified Heian series for elementary school instruction. The embusen, or pattern of the kata's movements, are the same as in Heian shodan. Students of karate systems that use the taikyoku kata series are often introduced to them first, as a preparation for the Heian kata.

### Preparation

- attention stance
- bow
- clearly state the name of the kata: "Taikyoku Shodan"
- step out with your right leg into natural stance

1. Look to the left and set for a left down block (left hand to the ear). Step out 90° to the left into Left Front Stance and execute a Left Down Block
2. Look straight ahead. Step forward with the right foot into Right Front Stance and execute a Right Lunge Punch
3. Look behind you to the right and set for a down block (right hand to the ear). Step around with the right foot 180° into Right Front Stance and execute a Right Down Block.
4. Look straight ahead. Step forward with the left foot into Left Front Stance and execute a Left Lunge Punch
5. Look to your left and slight your left foot back. Step out 90° to the left into Left Front Stance and execute a Left Down Block.
6. Look straight ahead. Step forward with the right foot into Right Front Stance and execute a Right Lunge Punch
7. Look straight ahead. Step forward with the left foot into Left Front Stance and execute a Left Lunge Punch
8. Look straight ahead. Step forward with the right foot into Right Front Stance and execute a Right Lunge Punch with a loud Kiai (yell)
9. Look behind you to the left. Begin the turn by shifting 90° to the left on the balls of your feet and set for a down block (left hand to ear). Continue looking behind you and finish the turn by stepping around with the left foot 180° into Left Front Stance and execute a Left Down Block.
10. Look straight ahead. Step forward with the right foot into Right Front Stance and execute a Right Lunge Punch
11. Look behind you to the right and set for a down block (right hand to the ear). Step around with the right foot 180° into Right Front Stance and execute a Right Down Block.
12. Look straight ahead. Step forward with the left foot into Left Front Stance and execute a Left Lunge Punch
13. Look to your left and slight your left foot back. Step out 90° to the left into Left Front Stance and execute a Left Down Block.



14. Look straight ahead. Step forward with the right foot into Right Front Stance and execute a Right Lunge Punch
15. Look straight ahead. Step forward with the left foot into Left Front Stance and execute a Left Lunge Punch
16. Look straight ahead. Step forward with the right foot into Right Front Stance and execute a Right Lunge Punch with a loud Kiai (yell)
17. Look behind you to the left. Begin the turn by shifting 90° to the left on the balls of you feet and set for a down block (left hand to ear). Continue looking behind you and finish the turn by stepping around with the left foot 180° into Left Front Stance and execute a Left Down Block.
18. Look straight ahead. Step forward with the right foot into Right Front Stance and execute a Right Lunge Punch
19. Look behind you to the right and set for a down block (right hand to the ear). Step around with the right foot 180° into Right Front Stance and execute a Right Down Block.
20. Look straight ahead. Step forward with the left foot into Left Front Stance and execute a Left Lunge Punch

- assume attention stance by bringing your right leg to your left
- bow
- step out with your right leg into natural stance