

Taikyoku Jōdan 1 & 2

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The Taikyoku kata from Taikyoku Jōdan to Taikyoku Mawashiuke were created by Gōgen 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 "Fukyū kata" (Kata for propagation). Taikyoku Jōdan is divided into two versions. In Taikyoku Jōdan 1, both block and punches are performed in Sanchin Dachi. In Taikyoku Jōdan 2, blocks are performed in Sanchin Dachi while punches are performed in Zenkutsudachi. All blocks are Jōdan Uke and all punches are Jōdan Seiken Tsuki. All steps in the kata are performed quickly. The word "Taikyoku" means the direction of movement. There are 19 movements in Taikyoku Jōdan, from "Heikōdachi 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.

Taikyoku Jōdan 1 - 太極上段一

Kiotsuke 気を付け, Rei 礼 & Yoi 用意

- Place both palms on the thighs, and stretch the fingers.
- Cross both hands with the left on the right, and then hold them in front of the lower abdomen.
- Pivot on Jōsokutei, and stand in Heikōdachi position. – Grasp both the hands (*make fists*) with the back.

1. Ippon-me 一本目

- Step forward with the right foot and shift 90° to the left. – Into Hidari Sanchin Dachi Execute a Hidari Jōdan Uke.
- Step into Migi Sanchin Dachi and perform Migi Jōdan Tsuki
- Stepping with the right foot, turn 180° Into Migi Sanchin Dachi and execute a Migi Jōdan Uke
- Step into Hidari Sanchin Dachi and perform Hidari Jōdan Tsuki.

2. Nihon-me 二本目

- Stepping with the left foot, turn 90° to the left into Hidari Sanchin Dachi, facing the direction of Shomen, and perform a Hidari Jōdan Uke.
- Step over into Migi Sanchin Dachi, punchinh Migi Jōdan Tsuki.
- Step over into Hidari Sanchin Dachi, punchinh Hidari Jōdan Tsuki.
- Step over into Migi Sanchin Dachi, punchinh Migi Jōdan Tsuki. – **KIAI.**

3. Sanbon-me 三本目

- Stepping with the left foot, turn 270° to the left and into Hidari Sanchin Dachi and execute a Hidari Jōdan Uke.
- Step into Migi Sanchin Dachi and perform Migi Jōdan Tsuki.
- Stepping with the right foot, turn 180°, Into Migi Sanchin Dachi and execute a Migi Jōdan Uke.
- Step into Hidari Sanchin Dachi and perform Hidari Jōdan Tsuki.

4. Yonhon-me 四本目

- Stepping with the left foot, turn 90° to the left into Hidari Sanchin Dachi, facing the direction of Ushiro Jomen, and perform a Hidari Jōdan Uke.
- Step over into Migi Sanchin Dachi, punchinh Migi Jōdan Tsuki.
- Step over into Hidari Sanchin Dachi, punchinh Hidari Jōdan Tsuki.
- Step over into Migi Sanchin Dachi, punchinh Migi Jōdan Tsuki. (Kiai on the last punch). – **KIAI**

5. Gohon-me 五本目

- Stepping with the left foot, turn 270° to the left and into Hidari Sanchin Dachi and execute a Hidari Jōdan Uke.
- Step into Migi Sanchin Dachi and perform an Migi Jōdan Tsuki
- Step back with the right foot and turn 90° to the right into Migi Sanchin Dachi and perform a Migi Jōdan Uke. (*With Muchimi*).
- Naorre

Naorre 直って, Kiotsuke 気を付け, & Rei 礼

- Step back with the left foot into Musubidachi - Place Right hand on top of left (palms facing up) Ibuki: Inhale.
- Bring hands down (twist hands out) in front of Tanden - Ibuki: Exhale
- Pull chin back, Keep fingers straight and move hands out on to the outer thigh
- Bow forward for 30° Be careful no to bow too deeply
- Pull chin back, Keep fingers straight and move hands out on to the outer thigh

Taikyoku Jōdan 2 - 太極上段二

Kiotsuke 気を付け, Rei 礼 & Yoi 用意

- Place both palms on the thighs, and stretch the fingers.
- Cross both hands with the left on the right, and then hold them in front of the lower abdomen.
- Pivot on Jōsokutei, and stand in Heikōdachi position. – Grasp both the hands (*make fists*) with the back.

1. Ippon-me 一本目

- Step forward with the right foot and shift 90° to the left. – Into Hidari Sanchin Dachi Execute a Hidari Jōdan Uke.
- Step into Migi Zenkutsudachi and perform Migi Jōdan Tsuki
- Stepping with the right foot, turn 180° Into Migi Sanchin Dachi and execute a Migi Jōdan Uke
- Step into Hidari Zenkutsudachi and perform Hidari Jōdan Tsuki.

2. Nihon-me 二本目

- Stepping with the left foot, turn 90° to the left into Hidari Sanchin Dachi, facing the direction of Shomen, and perform a Hidari Jōdan Uke.
- Step over into Migi Zenkutsudachi, punchinh Migi Jōdan Tsuki.
- Step over into Hidari Zenkutsudachi, punchinh Hidari Jōdan Tsuki.
- Step over into Migi Zenkutsudachi, punchinh Migi Jōdan Tsuki. – **KIAI.**

3. Sanbon-me 三本目

- Stepping with the left foot, turn 270° to the left and into Hidari Sanchin Dachi and execute a Hidari Jōdan Uke.
- Step into Migi Zenkutsudachi and perform Migi Jōdan Tsuki.
- Stepping with the right foot, turn 180°, Into Migi Sanchin Dachi and execute a Migi Jōdan Uke.
- Step into Hidari Zenkutsudachi and perform Hidari Jōdan Tsuki.

4. Yonhon-me 四本目

- Stepping with the left foot, turn 90° to the left into Hidari Sanchin Dachi, facing the direction of Ushiro Jomen, and perform a Hidari Jōdan Uke.
- Step over into Migi Zenkutsudachi, punchinh Migi Jōdan Tsuki.
- Step over into Hidari Zenkutsudachi, punchinh Hidari Jōdan Tsuki.
- Step over into Migi Zenkutsudachi, punchinh Migi Jōdan Tsuki. – **KIAI.**

5. Gohon-me 五本目

- Stepping with the left foot, turn 270° to the left and into Hidari Sanchin Dachi and execute a Hidari Jōdan Uke.
- Step into Migi Zenkutsudachi and perform an Migi Jōdan Tsuki
- Step back with the right foot and turn 90° to the right into Migi Sanchin Dachi and perform a Migi Jōdan Uke. (*With Muchimi*).
- Naorre

Naorre 直って, Kiotsuke 気を付け, & Rei 礼

- Step back with the left foot into Musubidachi - Place Right hand on top of left (palms facing up) Ibuki: Inhale.
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