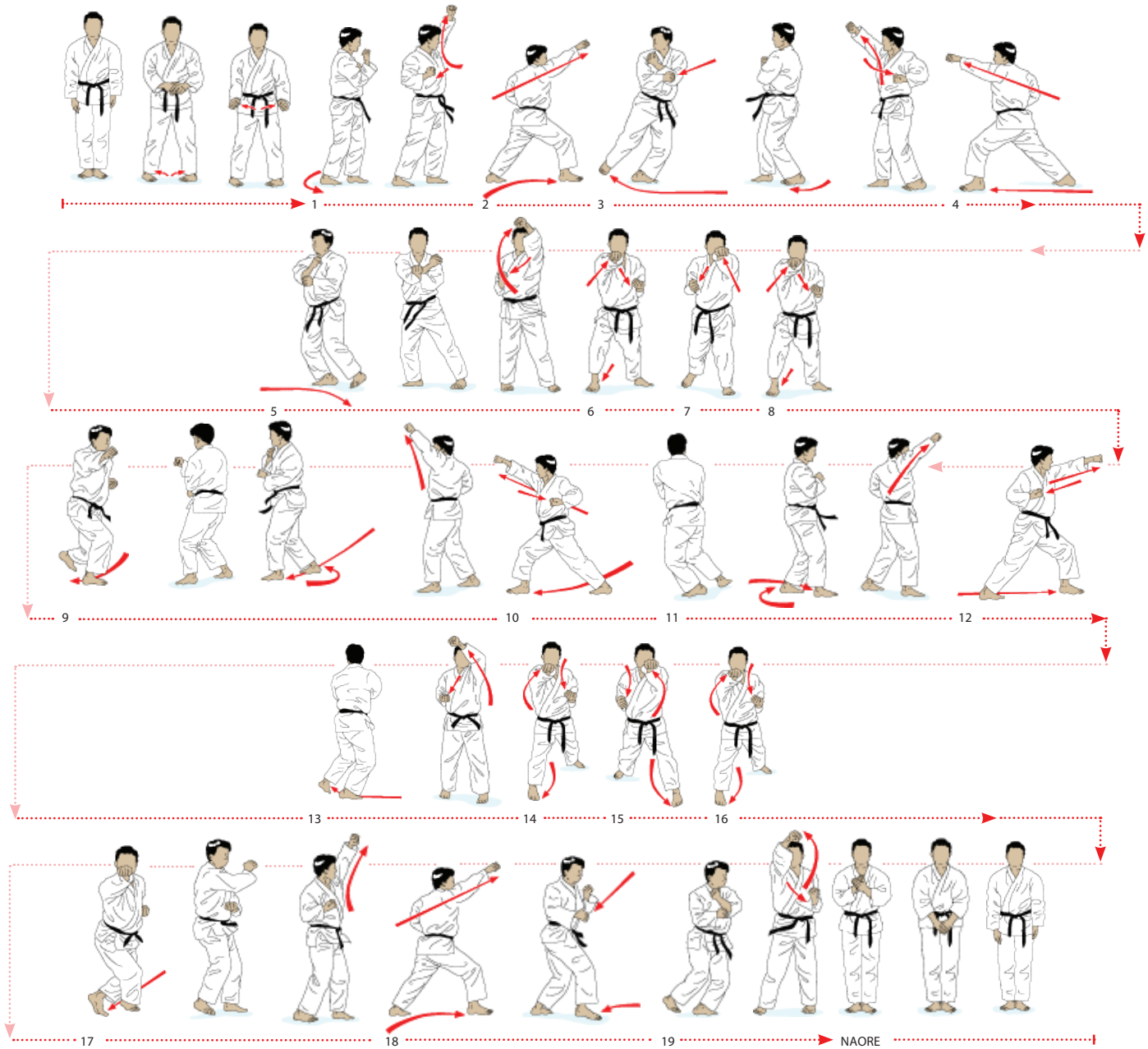


# Taikyoku Kata

太極型

A Diagram in illustration of the Taikyoku directional formation.

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.



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.

Text breakdowns of the other Kata available on-line, via the student portal. (Membership required for access) - See Eugene-sensei for more information.