

# KATA ONE - TAIKYOKU



Stance	Action	Direction
Natural Stance (North) Attention Stance Natural Stance	Bow	↑
1. Turn Left 90 Degrees (West) into Left Forward Stance	Left Lower Block	←
2. Advance into Right Forward Stance	Right Lunge Punch	←
3. Turn Right 180 Degrees (East) into Right Forward Stance	Right Lower Block	→
4. Advance into Left Forward Stance	Left Lunge Punch	→
5. Turn Left 90 Degrees (North) into Left Forward Stance	Left Lower Block	↑
6. Advance into Right Forward Stance	Right Lunge Punch	↑
7. Advance into Left Forward Stance	Left Lunge Punch	↑
8. Advance into Right Forward Stance	Right Lunge Punch <b>KIAI</b>	↑
9. Turn Left 270 Degrees (End up facing East) into Left Forward Stance	Left Lower Block	→
10. Advance into Right Forward Stance	Right Lunge Punch	→
11. Turn Right 180 Degrees (West) into Right Forward Stance	Right Lower Block	←
12. Advance into Left Forward Stance	Left Lunge Punch	←
13. Turn Left 90 Degrees (South) into Left Forward Stance	Left Lower Block	↓
14. Advance into Right Forward Stance	Right Lunge Punch	↓
15. Advance into Left Forward Stance	Left Lunge Punch	↓
16. Advance into Right Forward Stance	Right Lunge Punch <b>KIAI</b>	↓
17. Turn Left 270 Degrees (End up facing West) into Left Forward Stance	Left Lower Block	←
18. Advance into Right Forward Stance	Right Lunge Punch	←
19. Turn Right 180 Degrees (East) into Right Forward Stance	Right Lower Block	→
20. Advance into Left Forward Stance	Left Lunge Punch	→
Return Left Foot to Natural Stance (North) Attention Stance Natural Stance	Bow	↑

## Tips for Kata One

- The hand that performs the technique is always the same as the leg that is in front.
- Only one foot will change position in any move, the other will only pivot.
- The foot that moves is the same side as the hand that will perform the action, so load it when you first begin to move your foot.
- When turning, always turn towards your back. If the left foot moves, the body turns counter-clockwise, if the right, then clockwise.

