

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 KIAI | ↑ |
| 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 KIAI | ↓ |
| 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.

