

TAIKYOKU NIDAN

Taikyoku Nidan is performed exactly as *Taikyoku Shodan* except that all of the punches are directed to the upper level (*jodan*) instead of the middle level (*chudan*). Otherwise, these two kata are identical. It is difficult for some to understand why a simple difference in target level would warrant a separate kata; it almost seems redundant. For this reason, many instructors do not teach *Taikyoku Nidan*. Nevertheless, a karateka should understand that this is a matter of **detail**. Many students may feel that such a detail is insignificant while others may believe that even the smallest detail can be vital. The Japanese are a very meticulous people (a look at Japanese tea ceremony will confirm this); it is not unreasonable that *Taikyoku Nidan* was created simply to emphasize the difference between *jodan* and *chudan* target areas.

#	Technique	Translation	Stance	Target	Notes
1	gedan-barai	down block	zenkutsu-dachi	gedan	
2	oi-zuki	lunge punch	zenkutsu-dachi	jodan	
3	gedan-barai	down block	zenkutsu-dachi	gedan	
4	oi-zuki	lunge punch	zenkutsu-dachi	jodan	
5	gedan-barai	down block	zenkutsu-dachi	gedan	
6	oi-zuki	lunge punch	zenkutsu-dachi	jodan	
7	oi-zuki	lunge punch	zenkutsu-dachi	jodan	
8*	oi-zuki	lunge punch	zenkutsu-dachi	jodan	
9	gedan-barai	down block	zenkutsu-dachi	gedan	
10	oi-zuki	lunge punch	zenkutsu-dachi	jodan	
11	gedan-barai	down block	zenkutsu-dachi	gedan	
12	oi-zuki	lunge punch	zenkutsu-dachi	jodan	
13	gedan-barai	down block	zenkutsu-dachi	gedan	
14	oi-zuki	lunge punch	zenkutsu-dachi	jodan	
15	oi-zuki	lunge punch	zenkutsu-dachi	jodan	
16*	oi-zuki	lunge punch	zenkutsu-dachi	jodan	
17	gedan-barai	down block	zenkutsu-dachi	gedan	
18	oi-zuki	lunge punch	zenkutsu-dachi	jodan	
19	gedan-barai	down block	zenkutsu-dachi	gedan	
20	oi-zuki	lunge punch	zenkutsu-dachi	jodan	