

TAIKYOKU SANDAN

There are several different variations on how *Taikyoku Sandan* should be performed. One may also find descriptions of six *Taikyoku* kata. The *Taikyoku* kata described on this website refer to Gichin Funakoshi's book, *Karate-Do Kyohan*, in which he describes only three *Taikyoku* kata. Again, *Taikyoku Sandan* is almost identical to *Taikyoku Shodan* except that six (of the eight) down blocks (on top and bottom of embusen) are replaced with inside blocks (in back stance), and both sets of three *chudan* punches are exchanged for *jodan* punches. Obviously, the purpose of this kata was to introduce the student to back stance and inside block. Otherwise, it is the same as its two predecessors.

#	Technique	Translation	Stance	Target	Notes
1	uchi-uke	inside block	kokutsu-dachi	chudan	
2	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
3	uchi-uke	inside block	kokutsu-dachi	chudan	
4	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
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	uchi-uke	inside block	kokutsu-dachi	chudan	
10	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
11	uchi-uke	inside block	kokutsu-dachi	chudan	
12	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
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	uchi-uke	inside block	kokutsu-dachi	chudan	
18	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
19	uchi-uke	inside block	kokutsu-dachi	chudan	
20	oi-zuki	lunge punch	zenkutsu-dachi	chudan	