



(See Description Below)

# TAIKYOKU SHODAN

*Taikyoku Shodan* is the first kata in the *Taikyoku* series. It is the most basic of all kata and has only 20 moves with three recurring techniques: down block, lunge punch, and front stance. Although credit is usually given to Gichin Funakoshi as the author of the *Taikyoku* kata, his son Gigo was largely responsible for their creation. *Taikyoku Shodan* post-dates *Heian Shodan*, yet it was designed to be taught before *Heian Shodan* to further simplify the teaching of kata to young students. *Taikyoku Shodan* is taught in many styles of karate. Still, many instructors do not teach this kata simply because its pattern is similar to that of *Heian Shodan*. Technically, *Taikyoku* kata are not part of the 26 kata that comprise the Shotokan style.

*Taikyoku* is often interpreted as meaning "First Cause" or "Basic Ultimate" to denote its basic yet important nature. *Tai* means "big" or "great," *kyoku* signifies "extreme" or "ultimate." Therefore, the kata can be translated as "Big Ultimate." Gichin Funakoshi states in his book, *Karate-Do Kyohan*, that *Taikyoku Shodan* is the ultimate training kata. *Taikyoku* is also known as an esoteric term used to describe the Void. The Void is a Buddhist doctrine teaching that life and all things are nothing more than illusions, impermanent in their nature. So too can *Taikyoku* be viewed, as a form stripped of all complexities and extravagance, leaving only karate's truest and most effective form: move, block, and punch.

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