

Taikyoku Shodan

The Taikyoku Series

The word Taikyoku means “First Cause,” and is a reference to the maxim: “In karate, there is no advantage in the first attack.” Funakoshi adopted it to Shotokan from the Shorin school of Okinawan karate, and in his book *Karate-Do Kyohan* he states that there are three forms of Taikyoku; Shodan, Nidan, and Sandan. All three of the Taikyoku katas use the same floor pattern, but each utilizes different blocks and strikes. Only one of the Taikyoku katas is included in Chidokwan karate, that one being Taikyoku Shodan.

Taikyoku Shodan

Taikyoku Shodan is the first kata taught in Chidokwan karate, and is the most basic kata included in the style. The only techniques used in the kata are straight punches, downward blocks, and upper blocks, which are all executed from a front stance. The floor pattern for this kata is a capital letter “I.” That is, the feet trace a capital “I” during the execution of the kata.

Step by step instruction

1. Bow - step into a natural stance
2. Step out to the left into a left front stance and execute a left downward block
3. Step through into a right front stance and deliver a right lunge punch
4. Turn 180 degrees clockwise into a right front stance and execute a right downward block
5. Step through into a left front stance and deliver a left lunge punch
6. Turn 90 degrees counterclockwise into a left front stance and execute a left downward block
7. Step through into a right front stance and execute a right upper block
8. Step through into a left front stance and execute a left upper block
9. Step through into a right front stance and execute a right upper block with a kiai
10. Turn 270 degrees counterclockwise into a left front stance and execute a left downward block
11. Step through into a right front stance and deliver a right lunge punch
12. Turn 180 degrees clockwise into a right front stance and execute a right downward block
13. Step through into a left front stance and deliver a left lunge punch

14. Turn 90 degrees counterclockwise into a left front stance and execute a left downward block
15. Step through into a right front stance and deliver a right lunge punch
16. Step through into a left front stance and deliver a left lunge punch
17. Step through into a right front stance and deliver a right lunge punch with a kiai
18. Turn 270 degrees counterclockwise into a left front stance and execute a left downward block
19. Step through into a right front stance and deliver a right lunge punch
20. Turn 180 degrees clockwise into a right front stance and execute a right downward block
21. Step through into a left front stance and deliver a left lunge punch with a kiai
22. Bow - step into a natural stance