



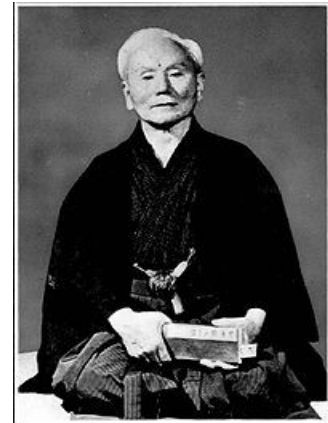
Shotokan Karate Kata

Kihon or Taikyoku Shodan

Kihon kata or Taikyoku Shodan(the original name), is the first kata practiced by many shotokan groups.

The founder of Shotokan karate, Master Gichin Funakoshi (pictured), developed six taikyoku kata. The six taikyoku kata are,

1. Taikyoku Shodan
2. Taikyoku Nidan
3. Taikyoku Sandan
4. Taikyoku Yondan
5. Taikyoku Godan
6. Taikyoku Rokudan



Some shotokan groups still practice these six basic kata, but the majority of shotokan dojo do not, and have taikyoku shodan (kihon kata), or heian shodan as their first kata.

Kata literally translates as form. Kata is a Japanese word describing set patterns of movements practiced alone or with a partner.

Kihon - Literally translated as "foundation" or "beginning"

Taikyoku - Literally translated as "first course" or "basic ultimate"

Philosophy From The Masters

Just as it is the clear mirror that reflects without distortion, or the quiet valley that echoes a sound, so must one who would study Karate-do purge himself of selfish and evil thoughts, for only with a clear mind and conscience can he understand that which he receives. **Master Gichin Funakoshi**

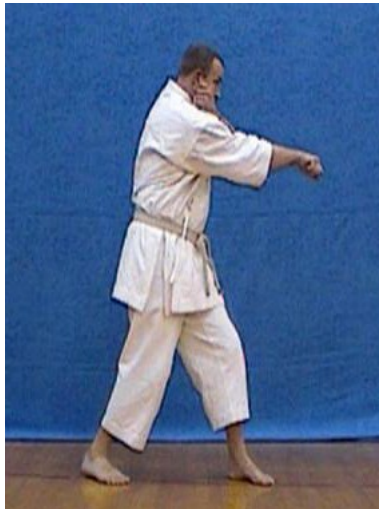
Bow (Rei)



Yoi (Ready)



Look to the left, extend the right arm to the left, lift the left fist to the right shoulder. Twist the feet to the left and start to step.



Perform a left arm gedanbarai, making sure the body is in the hanmi (side facing) position. Right fist should be in the hikite position at the side.



Step forward oizuki (stepping punch), with the right leg. Keep the gedanbarai arm positions as you drive the body weight and left knee forward.



Kata Top Tip

A common mistake is moving up and down, when moving from one technique to the next. Try and remain the same height throughout the kata, imagine the dojo ceiling is on top of your head.

On the completion of oizuki, make sure the body is in the shomen (square) position and you are punching to the centre.



Next move involves a 180 degree turn. Pivot on the left heel, extend the left arm and lift the right arm to the left shoulder.



Continue extending the left arm to the right, hip and body come to the shomen (square) position.



Perform a right arm gedanbarai, making sure the body is in the hanmi (side facing) position. Left fist should be in the hikite position at the side.



Step forward oizuki (stepping punch), with the left leg. Keep the gedanbarai arm positions as you drive the body weight and right knee forward.



On the completion of oizuki, make sure the body is in the shomen (square) position and you are punching to the centre.



Kata Top Tip

Kata is a great for working on correct breathing, there are fast, light and slow moves in karate kata, moves that hold tension and moves that are relaxed with zanshin (awareness). Try and breathe silently and smoothly.

Next move involves a 90 degree turn to the left. Pivot on the right heel, extend the right arm to the front and place the left fist near the right shoulder.



Perform a left arm gedanbarai, making sure the body is in the hanmi (side facing) position. Right fist should be in the hikite position at the side.



Step forward oizuki (stepping punch), with the right leg. Keep the gedanbarai arm positions as you drive the body weight and left knee forward.



On the completion of oizuki, make sure the body is in the shomen (square) position and you are punching to the centre.



Step forward oizuki (stepping punch), with the left leg. Keep the oizuki arm position as you drive the body weight and right knee forward.



On the completion of oizuki, make sure the body is in the shomen (square) position and you are punching to the centre.



Kata Top Tip

Kime (focus) is where your body is relaxed, then tensed, then once again relaxed. On the fast moves in kata, try and stop completely, for a split second.

Step forward oizuki (stepping punch), with the right leg. Keep the oizuki arm position as you drive the body weight and left knee forward.



On the completion of the 3rd oizuki, KIAI!



The next move involves a 270 degree turn. Pivot on the right heel, as you step with the left leg, lift the left arm to the right shoulder & extend the right arm.



Perform a left arm gedanbarai, making sure the body is in the hanmi (side facing) position. Right fist should be in the hikite position at the side.



Step forward oizuki (stepping punch), with the right leg. Keep the gedanbarai arm position as you drive the body weight and left knee forward.



On the completion of oizuki, make sure the body is in the shomen (square) position and you are punching to the centre.



Kata Top Tip

Kiai - (pronounced key-eye) is a Japanese term that is made up of ki meaning mind or spirit and ai meaning "to unite"; Kia literally translates as "concentrated spirit".

Next move involves a 180 degree turn. Pivot on the left heel, extend the left arm and lift the right arm to the left shoulder.



Perform a right arm gedanbarai, making sure the body is in the hanmi (side facing) position. Left fist should be in the hikite position at the side.



Step forward oizuki (stepping punch), with the left leg. Keep the gedanbarai arm positions as you drive the body weight and right knee forward.



As you complete oizuki with the left arm, check your front stance, make sure your feet are at least hip width apart and approximately two shoulder widths in length.



Next move involves a 90 degree turn stepping to the left. Pivot on the right heel, extend the right and lift the left arm to the right shoulder.



Perform a left arm gedanbarai, making sure the body is in the hanmi (side facing) position. Right fist should be in the hikite position at the side.



Kata Top Tip

Timing. Each kata has its own rhythm and timing, noise becomes music when timing and different pitches of sound are added. Karate kata is the same, without rhythm and timing, kata is just a mess of karate moves.

Step forward oizuki (stepping punch), with the right leg. Keep the gedanbarai arm position as you push the left knee forward to initiate the move.



On the completion of oizuki, make sure the body is in the Shomen (square) position. In front stance (zenkutsudachi) try and keep both feet facing the way you are moving.



Step forward oizuki (stepping punch), with the left leg. Keep the oizuki arm position as you start to step. Pull with right leg, while driving the left side of the body forward.



On the completion of oizuki, push the crown of the head up and stomach down, keep the chin pulled in.



Step forward oizuki with the right leg. At the start of the step, be sure not to wind the body up by leaning back, just before starting the step.



On the completion of the 3rd oizuki, KIAI and the kiai should be short and sharp, delivered from the stomach, Not the throat.



Kata Top Tip

Bunkai. Every kata practiced at speed, should be thought of as a fight. Try to take the kata combinations into kata and real world applications (Bunkai), giving the karate moves focus and application.

The next move involves the second 270 degree turn in the kata. Bring the left leg up to the right, spin on the right heel lifting the left arm to the right shoulder



Complete the 270 degree turn, with a left arm gedanbarai, Shoulders relaxed and body and hips in the hanmi (side facing) position.



Step forward oizuki with the right leg. Try and keep the face expressionless, throughout the kata. Body relaxed, only tensing at completion of a fast move.



As you finish the right side stepping punch, exhale sharply and kime. Make sure your body is relaxed before starting the next move.



Next move involves a 180 degree turn. Pivot on the left heel, extend the left arm and lift the right arm to the to the right shoulder.



Finish the 180 degree turn, with a right arm gedanbarai. Once again, make sure the body is in the hanmi (side facing) position.



Kata Top Tip

Mushin (no mind) Bruce Lee once said 'When I hit, I do not hit, it hits all by itself'. This can only come after many, many repetitions and the same applies to kata. The ultimate performance of kata is where the kata is executed with the Mushin state of being. No thought, it just happens!

The last move in this kata is a left oizuki. A speeding bullet, moves dead straight, no upward, downward or side ways wobble, just A to B
When you step in kihon, there should be no wobble.

On the last move, pause, relax but keep Zanshin (awareness). Imagine you are still in the fight.

From the last move, you pull The left leg back to shizentai (natural stance) yoi (ready) position. Keep zanshin!



Bow (Rei)

Relax



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