

# Taikyoku Shodan



Preparation. The *kata* starts in *yoi* ('ready' or 'attention') stance.



Step to outside with your left foot into front stance, accompanied by a downward block with the left arm.



Stepping punch with the right fist. Turn 180° stepping through and downward block with the right arm. Front stance.



Stepping punch with the left fist. Downward block to the left. Front stance.



Stepping punch with the right fist. Front stance



Stepping punch with the left fist. Front stance



Stepping punch with the right fist. Front stance



Rotate through 270° towards your back, executing a downward block to the left. Front stance



Stepping punch right fist. Turn 180° to face the right and downward block with the right arm. Front stance.



Stepping punch with the left fist. Front stance



Step to your left 90° into front stance, downward block. Front stance.



Three midsection stepping punches. Step forward and punch three times right fist, left fist, right fist. Front stance.



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Stepping punch with the right fist. Front stance



Step to outside with your left foot into front stance, accompanied by a downward block with the left arm.



Stepping punch with the right fist. Turn 180° stepping through and downward block with the right arm. Front stance.



Stepping punch with the left fist. Front stance



The *kata* finishes by pulling back your left leg, so that you end up facing front in the attention position.