

Nihon Goshin Karate Do

Dewey's Martial Arts Academy

A Dojo for the Whole Family

Taikyoku 三三三 kata

White Belt

9th Kyu

'Yoi': Heiko dachi (parallel stance), cross arms in front of throat and bring to sides.

1. L. foot step left (90°) to L. kokutsu dachi (back stance), L. chudan uchi uke (middle inside-out block).
2. R. foot step forward to R. zenkutsu dachi (front leaning stance), R. chudan tsuki (middle punch).
3. R. foot step back in basic 180° turn to R. kokutsu dachi (back stance), R. chudan uchi uke (middle inside-out block).
4. L. foot step forward to L. zenkutsu dachi (front leaning stance), L. chudan tsuki (middle punch).
5. L. foot step left (90°) to L. zenkutsu dachi (front leaning stance), L. gedan barai (low block).
6. R. foot step forward to R. zenkutsu dachi (front leaning stance), R. jodan tsuki (high punch).
7. L. foot step forward to L. zenkutsu dachi (front leaning stance), L. jodan tsuki (high punch).
8. R. foot step forward to R. zenkutsu dachi (front leaning stance), R. jodan tsuki (high punch). KIAI.
9. L. foot step behind (270°) to L. kokutsu dachi (back stance), L. chudan uchi uke (middle inside-out block).
10. R. foot step forward to R. zenkutsu dachi (front leaning stance), R. chudan tsuki (middle punch).
11. R. foot step back in basic 180° turn to R. kokutsu dachi (back stance), R. chudan uchi uke (middle inside-out block).
12. L. foot step forward to L. zenkutsu dachi (front leaning stance), L. chudan tsuki (middle punch).
13. L. foot step left (90°) to L. zenkutsu dachi (front leaning stance), L. gedan barai (low block).
14. R. foot step forward to R. zenkutsu dachi (front leaning stance), R. jodan tsuki (high punch).
15. L. foot step forward to L. zenkutsu dachi (front leaning stance), L. jodan tsuki (high punch).
16. R. foot step forward to R. zenkutsu dachi (front leaning stance), R. jodan tsuki (high punch). KIAI.
17. L. foot step behind (270°) to L. kokutsu dachi (back stance), L. chudan uchi uke (middle inside-out block).
18. R. foot step forward to R. zenkutsu dachi (front leaning stance), R. chudan tsuki (middle punch).
19. R. foot step back in basic 180° turn to R. kokutsu dachi (back stance), R. chudan uchi uke (middle inside-out block).
20. L. foot step forward to L. zenkutsu dachi (front leaning stance), L. chudan tsuki (middle punch).

Naore: L. foot step back to heiko dachi (parallel stance), cross arms and bring to sides as in original movement.

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