

Nihon Goshin Karate Do

Dewey's Martial Arts Academy

A Dojo for the Whole Family

Taikyoku JJ kata

White Belt

**10th
Kyu**

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

1. Turn 90° left into L. zenkutsu dachi (front leaning stance), L. gedan barai (low block).
2. Step into R. zenkutsu dachi (front leaning stance), R. jodan tsuki (high punch).
3. Turn 180° into R. zenkutsu dachi (front leaning stance), R. gedan barai (low block).
4. Step into L. zenkutsu dachi (front leaning stance), L. jodan tsuki (high punch).
5. Turn 90° left into L. zenkutsu dachi (front leaning stance), L. gedan barai (low block).
6. Step into R. zenkutsu dachi (front leaning stance), R. jodan tsuki (high punch).
7. Step into L. zenkutsu dachi (front leaning stance), L. jodan tsuki (high punch).
8. Step into R. zenkutsu dachi (front leaning stance), R. jodan tsuki (high punch). KIAI
9. Left foot step behind (270°) into L. zenkutsu dachi (front leaning stance), L. gedan barai (low block).
10. Step into R. zenkutsu dachi (front leaning stance), R. jodan tsuki (high punch).
11. Turn 180° into R. zenkutsu dachi (front leaning stance), R. gedan barai (low block).
12. Step into L. zenkutsu dachi (front leaning stance), L. jodan tsuki (high punch).
13. Turn 90° into L. zenkutsu dachi (front leaning stance), L. gedan barai (low block).
14. Step into R. zenkutsu dachi (front leaning stance), R. jodan tsuki (high punch).
15. Step into L. zenkutsu dachi (front leaning stance), L. jodan tsuki (high punch).
16. Step into R. zenkutsu dachi (front leaning stance), R. jodan tsuki (high punch). KIAI.
17. Left foot step behind (270°) into L. zenkutsu dachi (front leaning stance), L. gedan barai (low block).
18. Step into R. zenkutsu dachi (front leaning stance), L. jodan tsuki (high punch).
19. Turn 180° into R. zenkutsu dachi (front leaning stance), R. gedan barai (low block).
20. Step into L. zenkutsu dachi (front leaning stance), L. jodan tsuki (high punch).

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

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