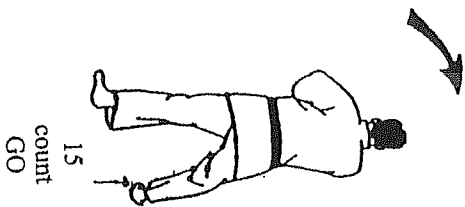
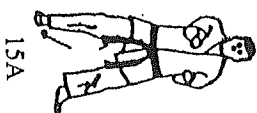


TAIKYOKU ICHI

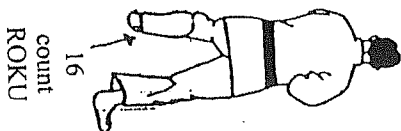
- 1) *Fudo Dachi – "Taikyoku Ichi, yoi"*
- 2) *Pivot on the right leg anti-clockwise 90° into left zenkutsu dachi, block left gedan barai.*
- 3) *Step forward into right zenkutsu dachi, strike right chudan oi tsuki.*
- 4) *Pivot on the left leg clockwise 180° into right zenkutsu dachi, block right gedan barai.*
- 5) *Step forward into left zenkutsu dachi, strike left chudan oi tsuki.*
- 6) *Pivot on the right leg anti-clockwise 90° into left zenkutsu dachi, block left gedan barai.*
- 7) *Step forward into right zenkutsu dachi, strike right chudan oi tsuki.*
- 8) *Step forward into left zenkutsu dachi, strike left chudan oi tsuki.*
- 9) *Step forward into right zenkutsu dachi, strike right chudan oi tsuki, "kiai"*
- 10) *Pivot on the right leg anti-clockwise 90° into left zenkutsu dachi, block left gedan, barai.*
- 11) *Step forward into right zenkutsu dachi, strike right chudan oi tsuki.*
- 12) *Pivot on the left leg clockwise 180° into right zenkutsu dachi, block right gedan barai.*
- 13) *Step forward into left zenkutsu dachi, strike left chudan oi tsuki.*
- 14) *Pivot on the right leg anti-clockwise 90° into left zenkutsu dachi, block left gedan barai.*
- 15) *Step forward into right zenkutsu dachi, strike right chudan oi tsuki.*
- 16) *Step forward into left zenkutsu dachi, strike left chudan oi tsuki.*
- 17) *Step forward into right zenkutsu dachi, strike right chudan oi tsuki, kiai.*
- 18) *Pivot on the right leg anti-clockwise 90° into left zenkutsu dachi, block left gedan barai.*
- 19) *Step forward into right zenkutsu dachi, strike right chudan oi tsuki.*
- 20) *Pivot on the left leg clockwise 180° into right zenkutsu dachi, block right gedan barai.*
- 21) *Step forward into left zenkutsu dachi, strike left chudan oi tsuki.*
- 22) *Step back into heiko dachi. END*



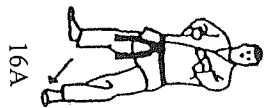
15
count
GO



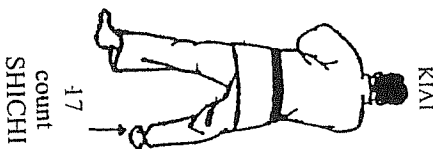
15A



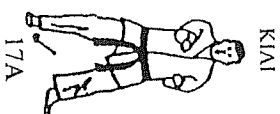
16
count
ROKU



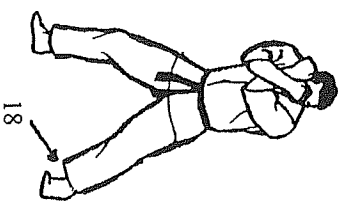
16A



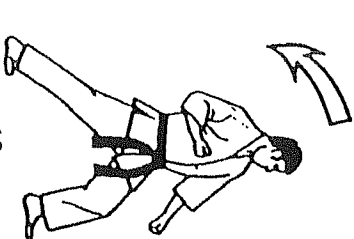
17
count
SHICHI



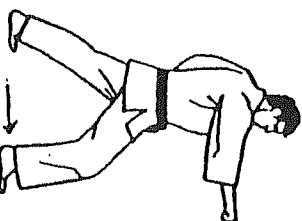
17A



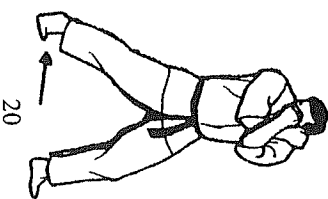
18



18
count
HACHI

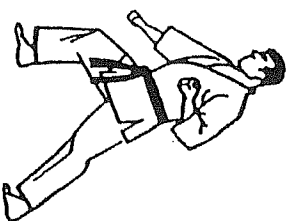


19
count
KU

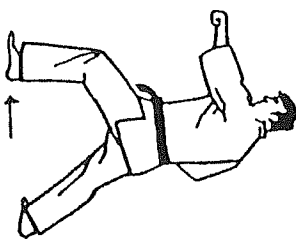


20

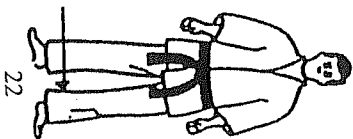
&



20
count
JU



21



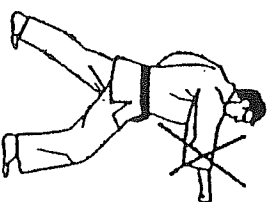
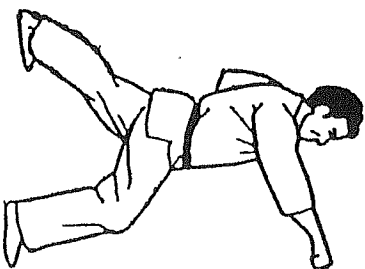
22

END

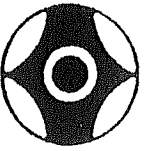
'NAORE'



Taikyoku ni



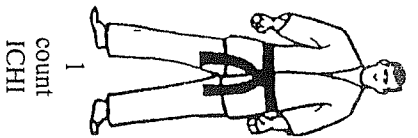
Taikyoku ni is the same as Taikyoku ichi,
except all strikes are jodan.



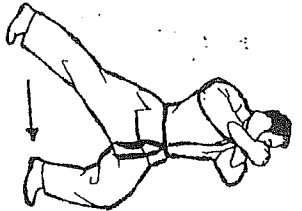
Taikyoku Ichi

'TAIKYOKU ICHI'
- 'YOT'

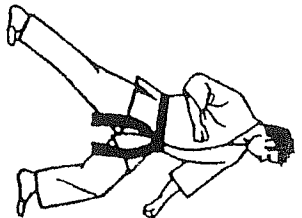
START



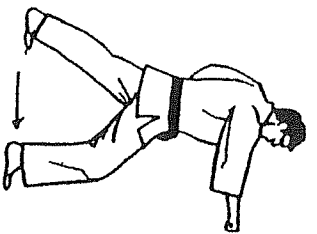
1
count
ICHI



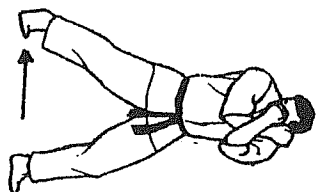
2



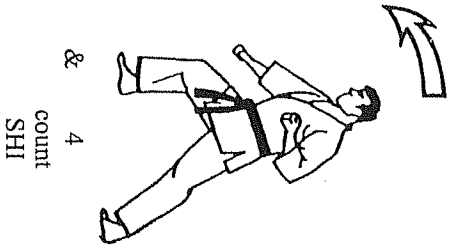
2
count
NI



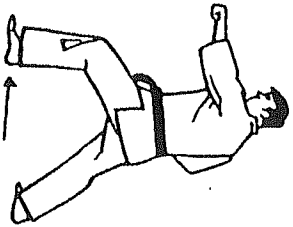
3
count
SAN



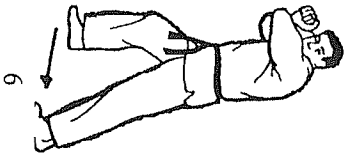
4



4
count
SHI

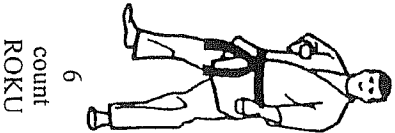


5
count
GO

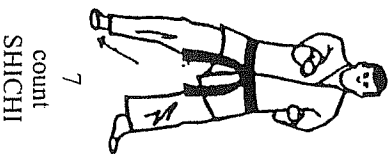


6

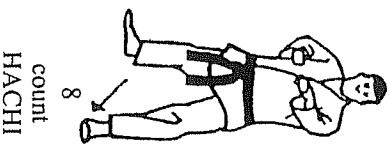
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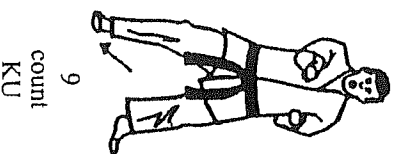
6
count
ROKU



7
count
SHICHI



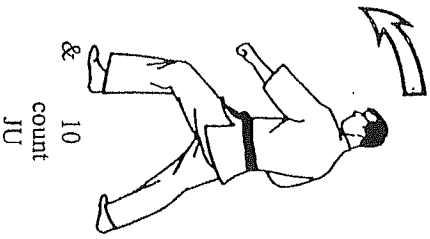
8
count
HACHI



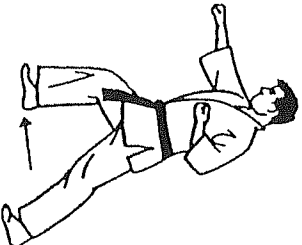
9
count
KU



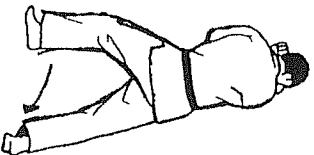
10



10
count
JU

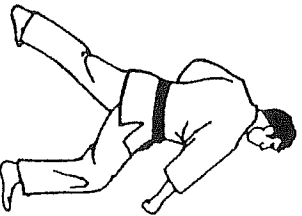


11
count
ICHI

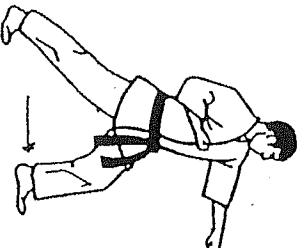


12

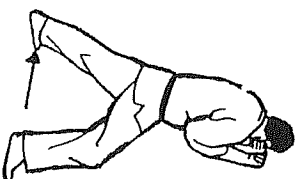
&



12
count
NI

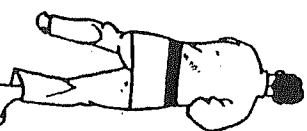


13
count
SAN



14

&



14
count
SHI



14A

Next page

