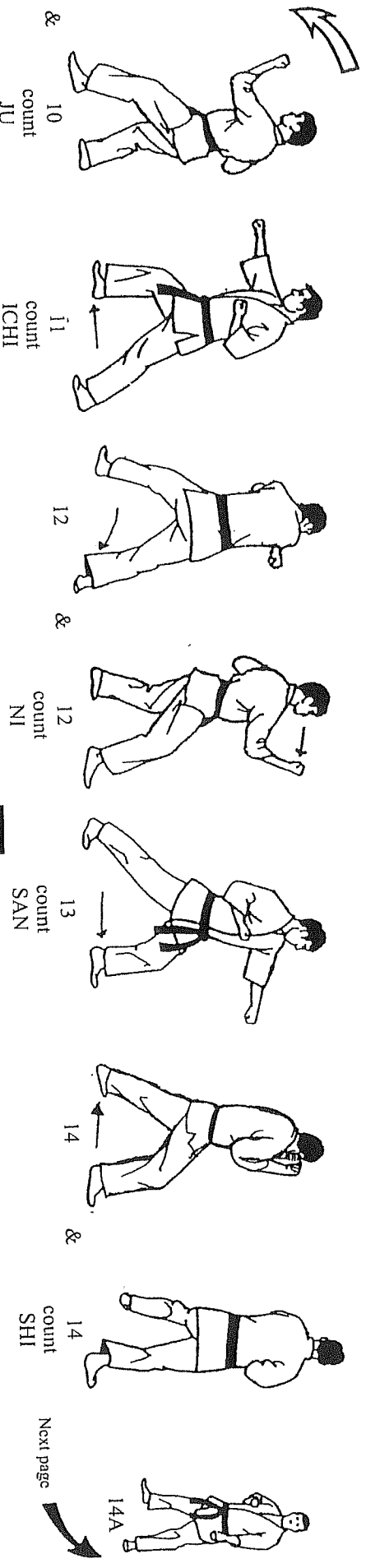
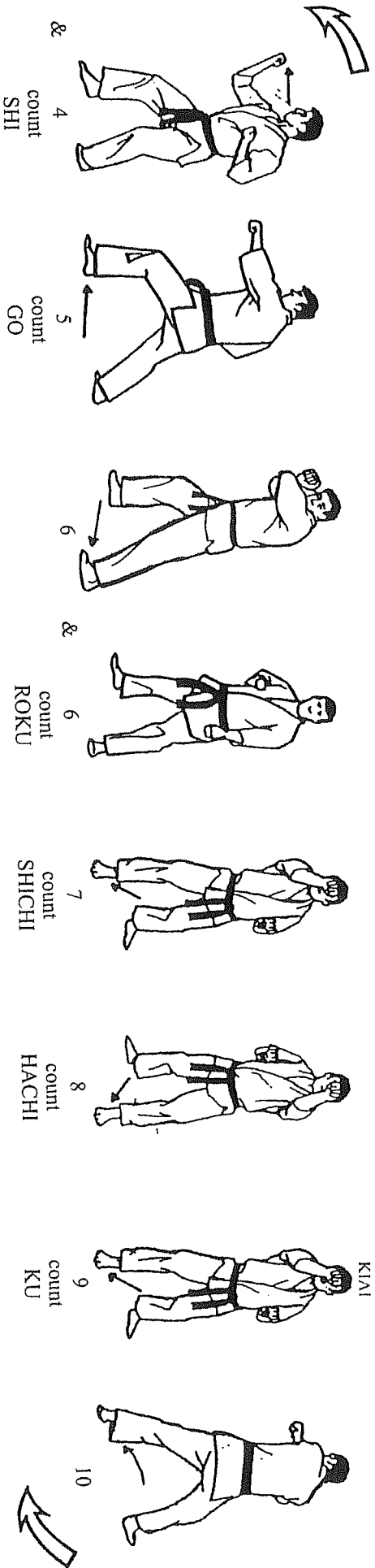
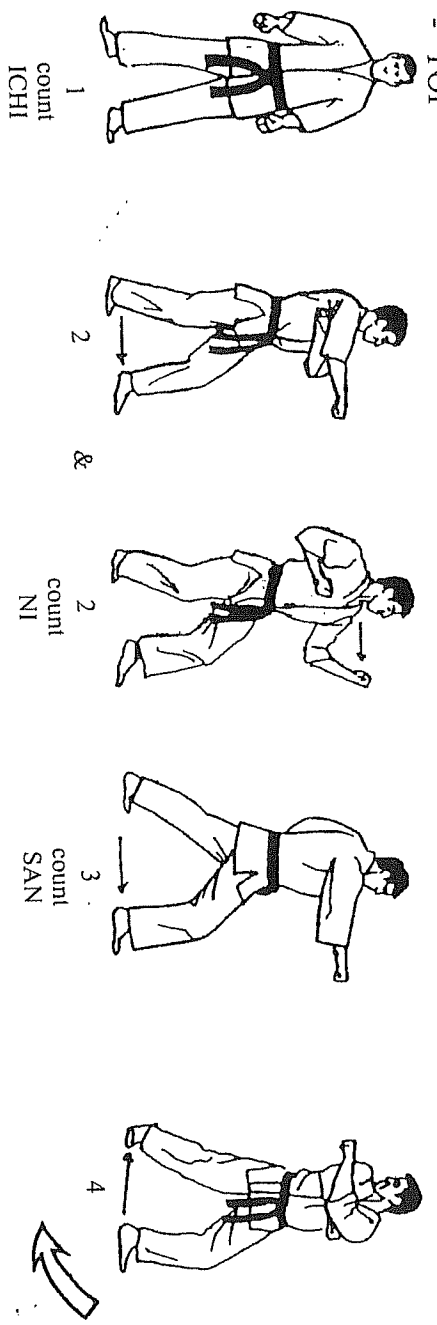


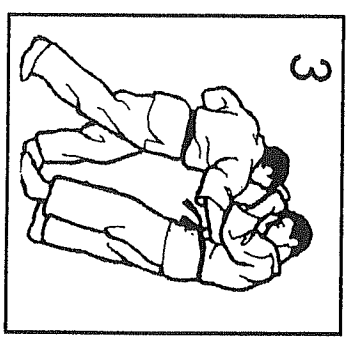
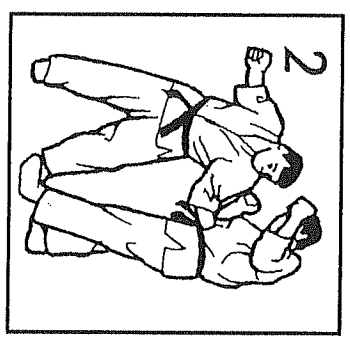
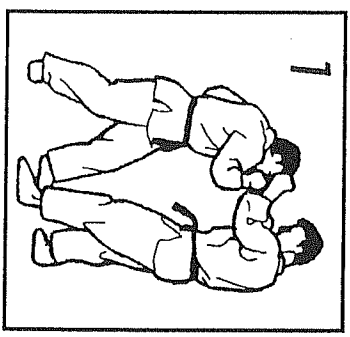
# Taikyoku San

'TAIKYOKU SAN'  
- 'YOI'

START



**Remaki**  
 I have included some remaki (fighting combinations)  
 for your own interest and ongoing training.



15  
count  
GO

15A

16  
count  
ROKU

16A

17  
count  
SHICHI

17A

18

19  
count  
KU

20  
count  
JU

21

22

KIAI

'NAORE'

count  
HACHI

count  
KU

count  
SHICHI

count  
GO

count  
ROKU

count  
SHICHI

count  
HACHI

count  
KU

count  
JU

END

## TAIKYOKU - SAN

- 1) *Fudo dachi – "Taikyoku San, yoi"*
- 2) *Pivot on the right leg anti-clockwise 90° into left kokutsu dachi, block left chudan uchi uke.*
- 3) *Step forward into right zenkutsu dachi, strike right chudan oi tsuki.*
- 4) *Pivot on the left leg clockwise into right kokutsu dachi, block right chudan uchi uke.*
- 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 jodan oi tsuki.*
- 8) *Step forward into left zenkutsu dachi. Strike left jodan oi tsuki.*
- 9) *Step forward into right zenkutsu dachi. Strike right jodan oi tsuki, kiai.*
- 10) *Pivot on the right leg anti-clockwise 90° into left kokutsu dachi, block left chudan uchi uke.*
- 11) *Step forward into right zenkutsu dachi. Strike right chudan oi tsuki.*
- 12) *Pivot on the left leg clockwise 180° into right kokutsu dachi, block right chudan uchi uke.*
- 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 jodan oi tsuki.*
- 16) *Step forward into left zenkutsu dachi. Strike left jodan oi tsuki.*
- 17) *Step forward into right zenkutsu dachi. Strike right jodan oi tsuki, kiai.*
- 18) *Pivot on the right leg anti-clockwise 90° into left kokutsu dachi, block left chudan uchi uke.*
- 19) *Step forward into right zenkutsu dachi. Strike right chudan oi tsuki.*
- 20) *Pivot on the left leg clockwise 180° into right kokutsu dachi, block right chudan uchi uke.*
- 21) *Step forward into left zenkutsu dachi. Strike left chudan oi tsuki.*
- 22) *Step back into fudo dachi.      END*