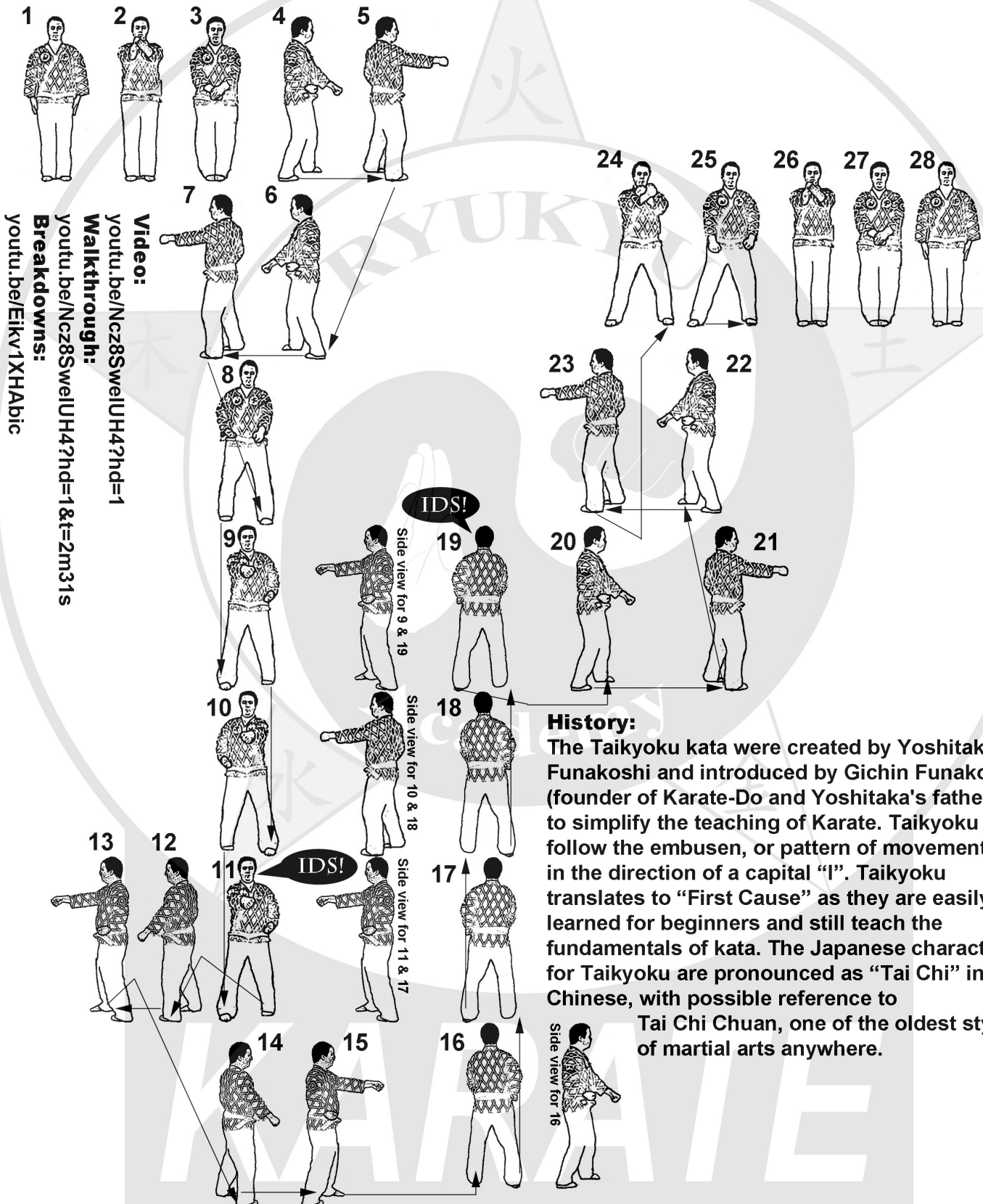


TAIKYOKU SHODAN

KATA NUMBER 1



Video:
youtu.be/Ncz8SweIUH4?hd=1

Walkthrough:
youtu.be/Ncz8SweIUH4?hd=1&t=2m31s

Breakdowns:
youtu.be/Eikv1XHAbic

History:
 The Taikyoku kata were created by Yoshitaka Funakoshi and introduced by Gichin Funakoshi (founder of Karate-Do and Yoshitaka's father) to simplify the teaching of Karate. Taikyoku kata follow the embusen, or pattern of movement, in the direction of a capital "I". Taikyoku translates to "First Cause" as they are easily learned for beginners and still teach the fundamentals of kata. The Japanese characters for Taikyoku are pronounced as "Tai Chi" in Chinese, with possible reference to Tai Chi Chuan, one of the oldest styles of martial arts anywhere.

