

Dragon Club

The First Kata: Taikyoku Shodan



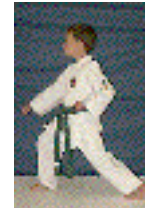
Attention Stance



Turn 90° to the left and low defend with the left hand.



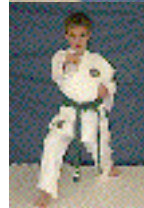
Step forward and punch with the left hand.



Turn 180° to the right and low defend with the right hand.



Bow - Rei



Step forward and punch with the right hand.



Turn 90° to the left and low defend with the left hand.



Step forward and punch with the left hand.



Ready Stance - Yoi



Step forward and punch with the left hand.



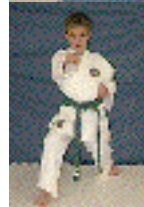
Step forward and punch with the right hand.



Bring the left foot back into the ready stance - Yame.



Slide foot out to left and low defend with the left hand.



Step forward and punch with the right hand - **KIAI**.



Step forward and punch with the left hand.



Attention Stance



Step forward and punch with the right hand.



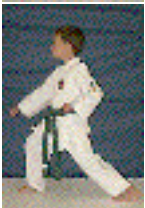
Turn 270° backward to the left and low defend with the left hand.



Step forward and punch with the right hand - **KIAI**.



Bow - Rei



Turn 180° to the right and low defend with the right hand.



Step forward and punch with the right hand.



Turn 270° backward to the left and low defend with the left hand.

The pattern for Taikyoku Shodan is a capital "I". When performing the kata, the feet trace a capital "I".



Step forward and punch with the left hand.



Turn 180° to the right and low defend with the right hand.



Step forward and punch with the right hand.

