

TAIKYOKU 1

1. Yasime, With hands at sides in an attention stance step forward left foot leaning slightly forward then step back.
2. Attention stance, Feet together toes pointed outward at 45 degrees Erect posture hands at sides fingers together and thumbs in.
3. Bow, Bend forward at the waist casting eyes downward far enough to see your toes. Do not slide your hands down. Hold momentarily then raise back up to attention.
4. Signature, Right fist comes to your solar plexus area and is covered by your left hand, which is open. Both hands rotate downward to the groin area. Hold momentarily.
5. Ready stance hold position then stack both hands on right hip, left hand on top, look left.
6. Turn to left 90 degrees step left foot forward, Left hand leg block.
7. Step forward right foot, Right hand seiken.
8. Stack both hands on left hip right hand on top, Look right.
9. Stepping with right foot pivot 180 degrees to the right, With the right foot forward, Right leg block.
10. Step left foot forward do a left hand seiken.
11. Stack both hands on right hip, left hand on top, look left
12. Stepping with the left foot pivot 90 degrees to the left, With the left foot forward, Left hand leg block.
13. Step forward right foot, Right hand seiken.
14. Step forward left foot, Left hand seiken.
15. Step forward right foot, Right hand seiken.
16. Stack both hands on right hip left hand on top look over left shoulder.
17. Step left, with the left foot pivot $\frac{3}{4}$ turn 270 degrees to the rear left, with your left foot forward left hand leg block.
18. Step forward right foot, Right hand seiken.
19. Stack both hands on left hip right hand on top, Look right.
20. Stepping with right foot pivot 180 degrees to the right, With the right foot forward, Right leg block.
21. Step left foot forward do a left hand seiken.
22. Stack both hands on right hip, left hand on top, look left.
23. Stepping with the left foot pivot 90 degrees to the left, With the left foot forward, Left hand leg block.
24. Step forward right foot, Loud KIAI and Right hand seiken.
25. Step forward left foot, Left hand seiken.
26. Step forward right foot, Right hand seiken.
27. Stack both hands on right hip left hand on top look over left shoulder.
28. Step left, with the left foot pivot $\frac{3}{4}$ turn 270 degrees to the rear left, with your left foot forward left hand leg block.
29. Step forward right foot, Right hand seiken.
30. Stack both hands on left hip right hand on top, Look right.
31. Stepping with right foot pivot 180 degrees to the right, With the right foot forward, Right leg block.
32. Step forward left foot, Left hand seiken.
33. Stack both hands on right hip, left hand on top, look left.
34. Stepping with the left foot pivot 90 degrees to the left into a ready stance.
35. Bring right foot to left to attention stance and do a signature.
36. Attention Stance.
37. Bow.

