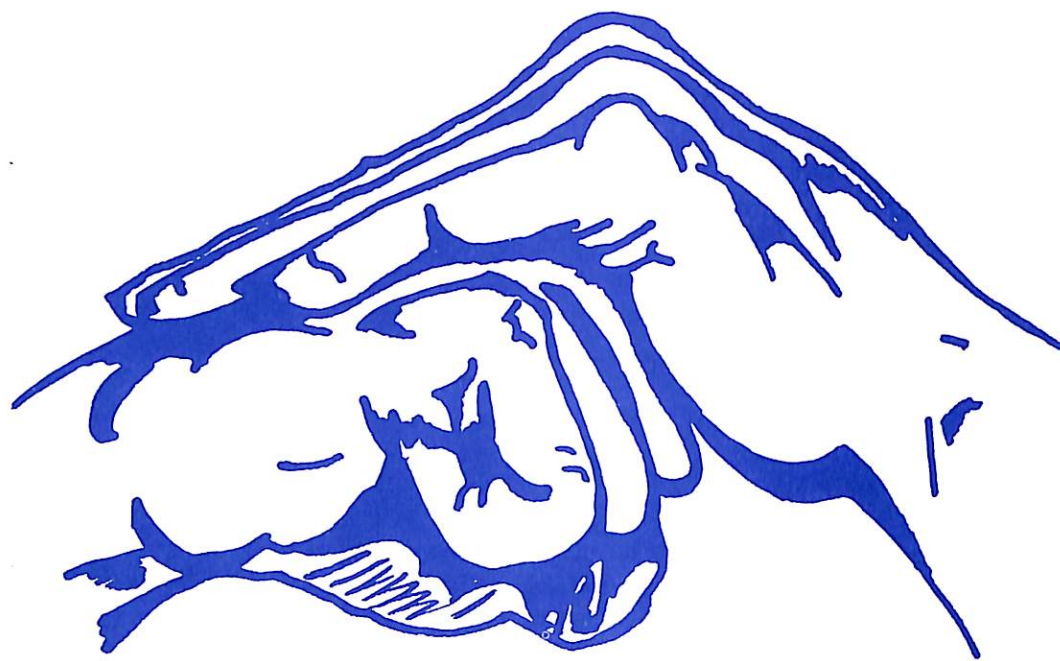


\$4.00

National Karate Jiu Jitsu Union

TAIKYOKU #7, 8, 9, 10

空手道



KATA

形



SHIHAN, J.R. RUIZ

副会長



Shihan Joseph Ruiz, 6th Dan — Assistant Director of NKJU. Mr. Ruiz also has following credentials: 4th Dan Zen Shoto Kai Karate (sole U.S. representative), 6th Dan Shito-Ryu Karate, 2nd Dan Jiu-Jitsu, 5th Dan Kubudo, and High Dan board president, not to mention over 22 years of training in the Martial Arts.

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Mr. Ruiz and Mr. Baillargeon

INTRODUCTION

I have, as a result of several years of research into the general problem, developed two sets of Katas, the Taikyoku 1-6 for beginners, and the Taikyoku Kata 7-10, to be used as advance forms. I recommend that these Katas be assiduously studied as well.

Since the purpose of learning Kata is not just for the sake of learning them but for the tempering and disciplining of oneself, it is not necessary to study large numbers. These Katas will serve you the following ways:

1. Challenging you and your students understanding and knowledge of Katas.
2. Offering the opportunity to enhance your Kata capabilities.
3. Develop your ability to analyze Katas and Stance.
4. Extend your experience and exposure beyond the scope of the six basic Taikyokus.
5. Designed to aid you in mastering the Katas.

To my students and to all others who devote their time to Karate, may I express the hope that you will understand my wish in this and will yourselves supplement this work; thus will the objective of the work be fulfilled.

Shihan Dai, Joseph R. Ruiz
Rokudan

KARATE HISTORY

The origins of karate are somewhat obscure. The most popular tradition traces them to the arrival in China of the fierce Indian Monk Bodhidharma, Daruma Taishi, to give him his Japanese name. He is said to have arrived in Canton in A.D. 520 and he was also the first Patriarch of Zen Buddhism in China. Bodhidharma imposed the most severe discipline on the monks under him at the monastery of Shaolin. His students and their successors became famous for their physical prowess as well as their mental discipline and Shaolin was to give its name to one of the foremost schools of Chinese boxing. Shaolin boxing was introduced into the Ryukyu Islands, of which Okinawa is the main island, in either the fifteenth or the sixteenth century. These were tough times in the Ryukyus. A succession of tyrannies, for their own preservation had made the possession of weapons by any member of the civilian population a state offense. Understandably this boosted the interest in unarmed combat, producing a system called Okinawa, Te, a mixture of Chinese and indigenous influences. There were in fact many different schools of Okinawa-Te, each one carefully guarding its secrets from the others. Secrets also had to be kept from the ruling classes and from any individual who might have misused them. Therefore, all training was carried out in the early morning or late at night or else behind locked doors. No beginner was accepted until his good character had been established. Thus modern karate is the outcome of the centuries of interchange between China, the Ryukyus and Japan. It only recently came to be openly taught to the public, first in Okinawa and later in Japan. During 1917 and 1922 the late **Gichin Funakoshi, President of the Okinawa Bushokai** demonstrated his powers in Tokyo. Funakoshi was to become supreme instructor of the new Japan Karate Association and by 1935, karate clubs were established at most of the leading universities in Japan.

The contact with intellectual life at universities was invigorating for karate. New techniques were developed, old ones improved, and elements which had always been regarded as mysterious and supernatural were regarded in a more rational light. It must be remembered, however, that karate students now more than ever derive moral and spiritual strength from their training.

THE KATA'S

There are something like fifty different kata's or formal exercised in karate, but all are based on elements contained within the five basic "Heian" (Pinan) kata's and the three "Tekki" Kata's.

In the early days of karate, when sparring with partners was considered dangerous because no one had thought of focusing attacks short of contact, kata's afforded the most realistic training possible. It is still an advantage that they enable one to practice alone. Another great advantage is that they force one to use, and co-ordinate, a wide variety of techniques and maneuvers. If one practiced only sparring, there would be a tendency to narrow one's repertoire down to a few favorite "tricks".

A kata is a set of pre-determined defenses and attacks against four or eight imaginary opponents who approach from various directions. Each set follows a fixed course, which may be a straight line or a letter "T" or "H" or some more complex figure. However, the starting point should always coincide with the finishing point. If it doesn't, there must have been some mistake in distancing or direction, and it is important to take great pains to determine where the mistake was made and eradicate it on the next repetition.

Ones aim in practicing a kata is always to attain technical "**PERFECTION**". Every detail must be attended to. The stances and postures should be suitable for text-book illustrations. Muscles and breathing must at all times be controlled. Finally, the kata must be felt as a rhythmic and organic unit, not as an arbitrary sequence of independent techniques.

For the presentation of the following kata, certain conventions have been observed. These are as follows.

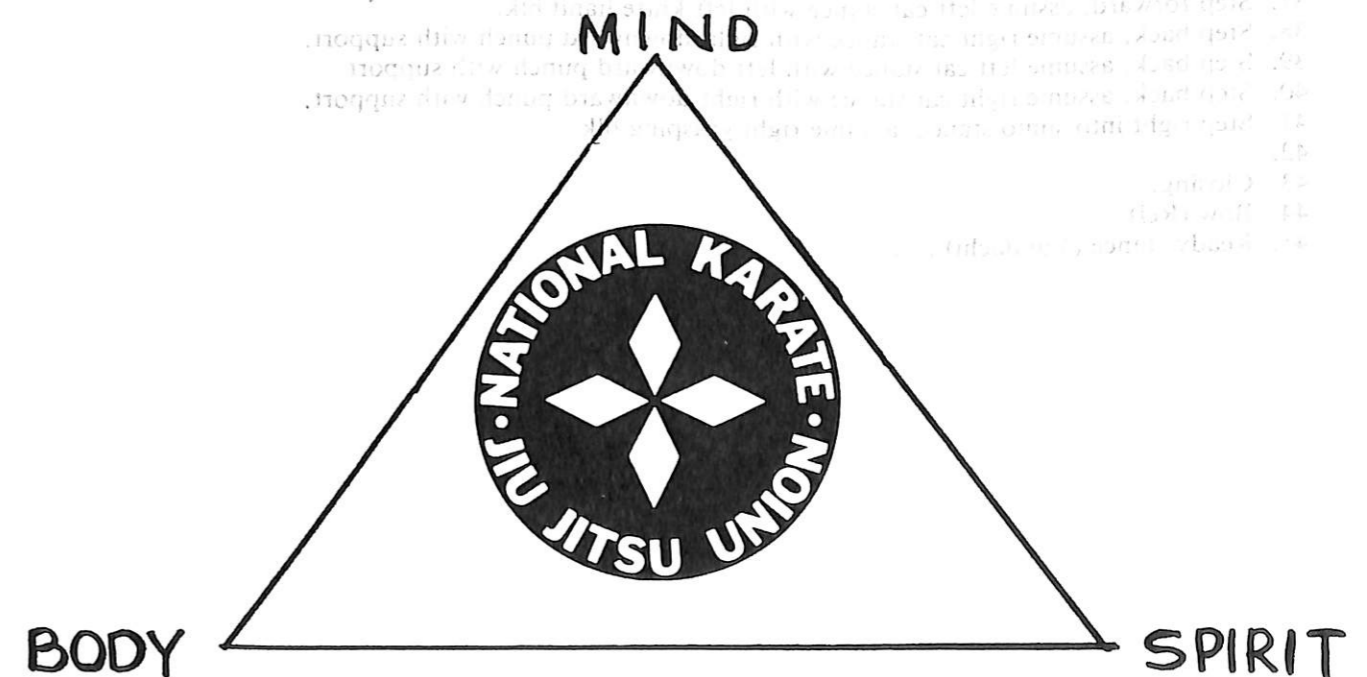
1. All stances are named for the foot that is forward in the stance. For example, a back stance with the left foot forward and the majority of the weight on the back foot (kokutsu dachi) would be called a "**left** back stance." The exception to this is any stance on only one leg (as in a crane or heron stance), or in a cross-legged stance (kosa dachi). These stances are named for the foot that supports the weight. Thus, a crane stance with the right foot off the floor would be called a "**left** crane stance," a cross-legged stance is named for the front supporting foot. A cross-legged stance with the left foot tucked behind the right would be called a "**right** cross-legged stance."
2. All directions assume that the kata begins with the performer facing "north" or at "12 o'clock." Directions are in parenthesis and indicate which way the performer will be facing at the end of a given movement.
3. All of these kata open and close in the same way. In order to save space, the opening and closing of the Taikyoku kata are given here.

OPENING—

1. ready stance (YOI).
2. attention stance (KYOSKI); feet closed, arms at sides.
3. bow (REI).
4. attention stance (SONEI); feet in open toed stance (MUSUBI); hands, palm down and interlocked at groin level, left hand on top.
5. ready stance (YOI).

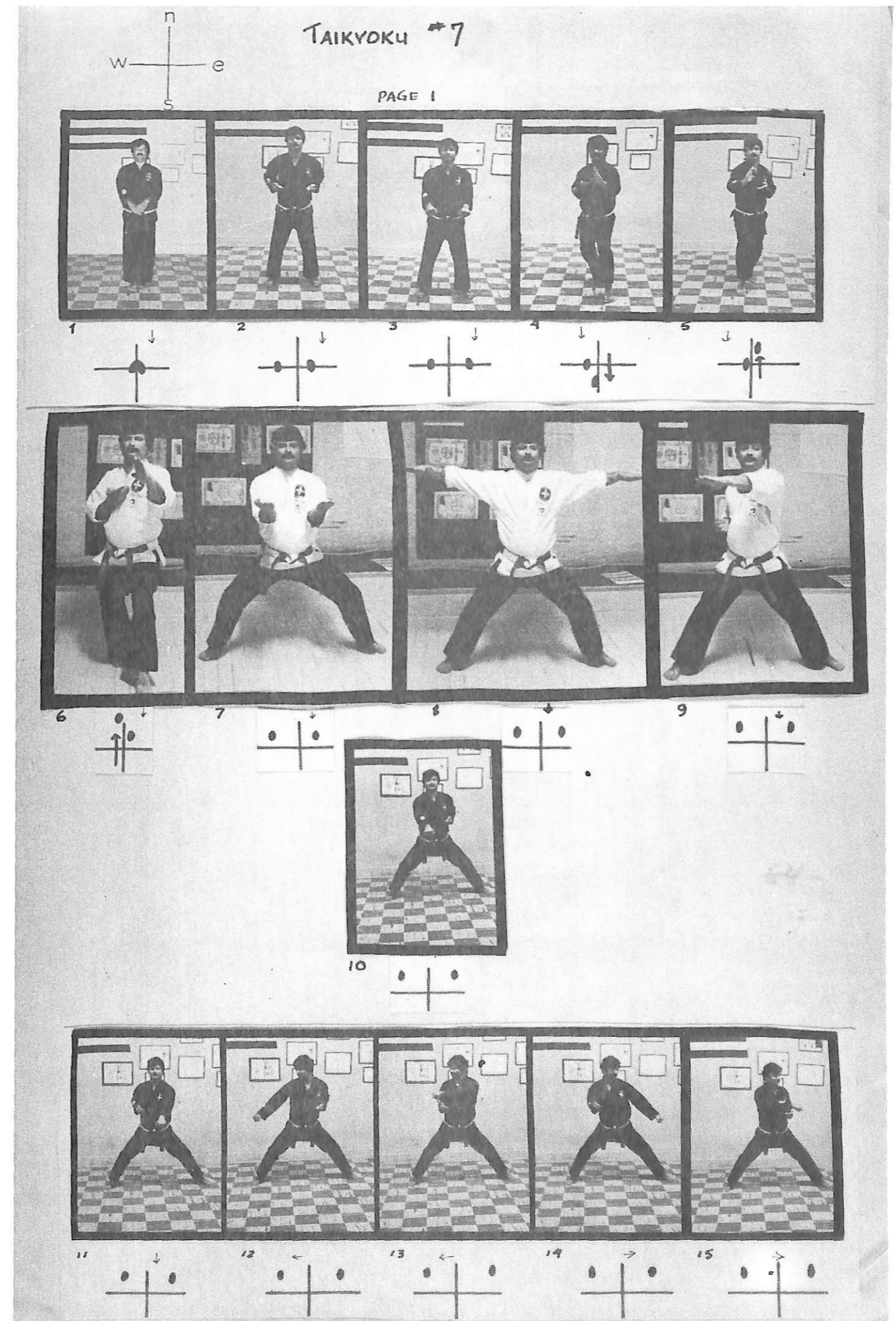
CLOSING—

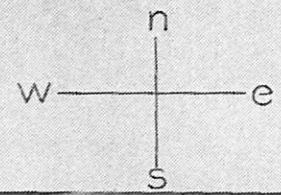
1. ready stance.
2. left foot moves over to closed foot stance (HEISOKU); hands, back of right hand in left palm, both hands palm up with fingers pointing up, are at about chin height.
3. feet open toes to open toed stance (MUSUBI); hands rotate in and down to groin height (as in #4 of opening).
4. attention stance (KYOSKI): (as in #2 of opening).
5. bow.
6. ready stance (YOI).



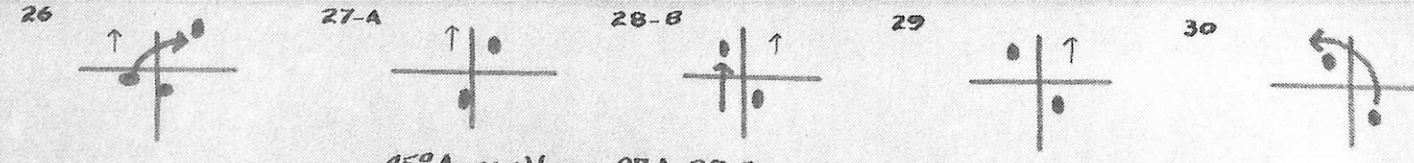
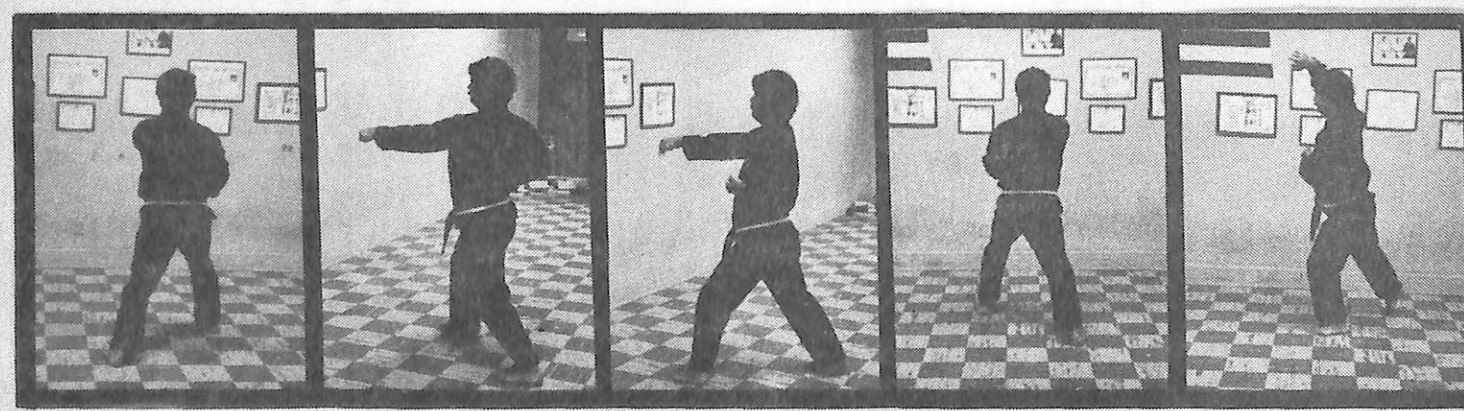
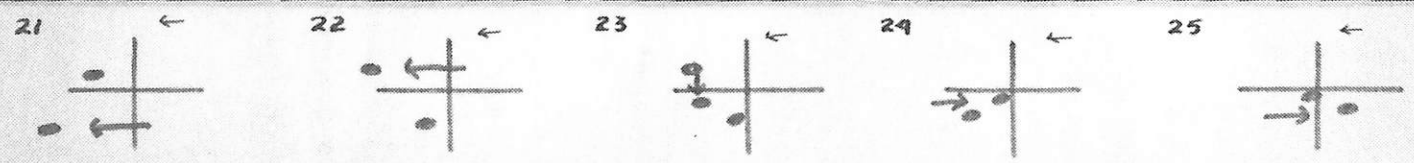
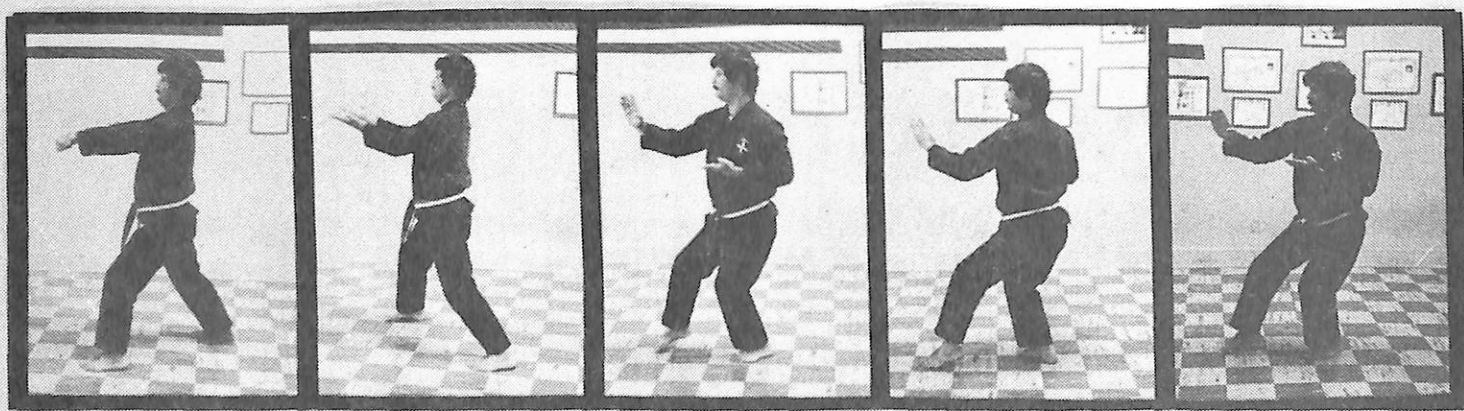
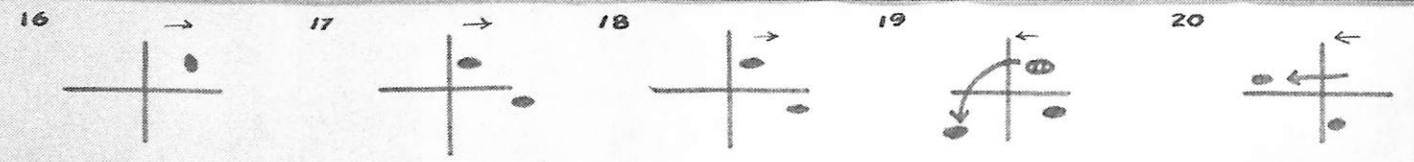
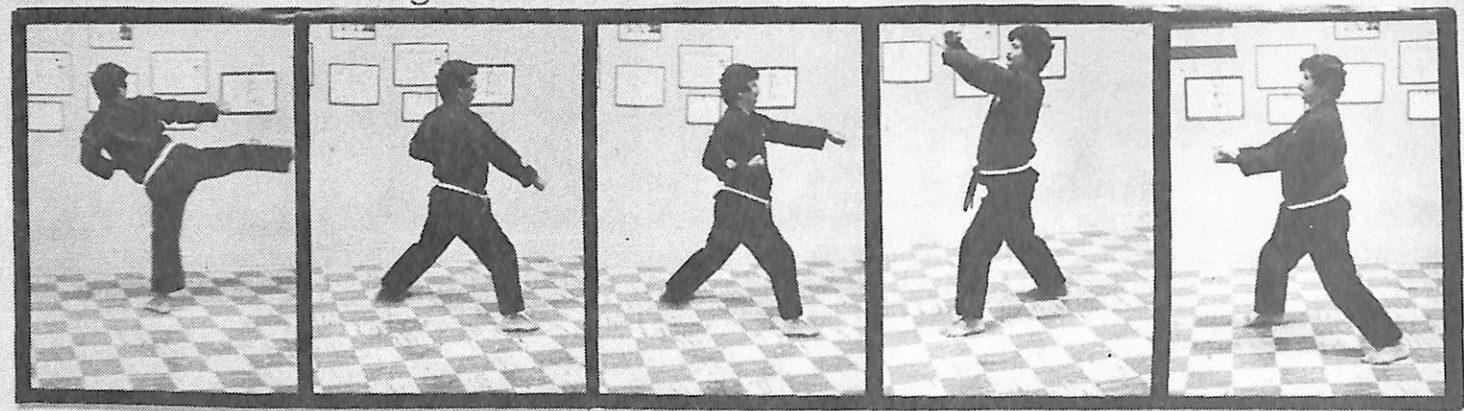
TAIKYOKU #7

1. Preparation (Sonae)
- 2.
3. Ready stance (Yoi dachi)
4. Step forward, assume left cat stance with left knife hand block.
5. Step back, assume right cat stance with right knife hand block.
6. Step back, assume left cat stance with left knife hand block.
7. Step into with left foot, assume sumo stance with double knife hand strike.
8. Double side knife hand strike outward strike without moving.
9. Left hand sweeping motion to the front of body, without moving.
10. Right downward punch, without moving.
11. Left downward punch, without moving.
12. Right downward blk, 45 degree angle, without moving.
13. Left roundhouse punch.
14. Left downward blk, 45 degree angle without moving.
15. Right roundhouse punch.
16. Right side kick, with hammer fist strike.
17. Right front stance and assume right downward blk.
18. Right front stance, assume a left reverse punch.
19. Turn left (180 degree or 1/2 turn), assume left front stance, execute high x-blk.
20. Step forward assume right front stance with double hammer fist strike.
21. Step forward, left front stance, assume double forward punch.
22. Step forward, right front stance, assume double knife hand strike.
23. Step back, assume right cat stance with right knife blk.
24. Step back, assume left cat stance with left knife hand blk.
25. Step back, assume right cat stance with right knife hand blk.
26. Turn right (90 degree or 1/4 turn), assume right front stance with left reverse punch.
27. 27-A Side View of #26.
28. B-Step forward, left front stance with right reverse punch.
29. Back View of #28-B.
30. Turn left 270 degree, assume left front stance, with right circular knife strike.
31. Left front stance, right knife hand strike.
32. Step forward, with left circular motion with left hand over head.
33. Right front stance, assume left knife strike.
34. Step into Sumo stance, assume double knife hand strike.
35. Step forward, assume left cat stance with left knife hand blk.
36. Step forward, assume right cat stance with right knife hand blk.
37. Step forward, assume left cat stance with left knife hand blk.
38. Step back, assume right cat stance with right downward punch with support.
39. Step back, assume left cat stance with left downward punch with support.
40. Step back, assume right cat stance with right downward punch with support.
41. Step right into sumo stance, assume right grasping blk.
- 42.
43. Closing.
44. Bow (Rei)
45. Ready stance (Yoi dachi) . . .

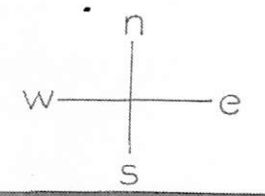




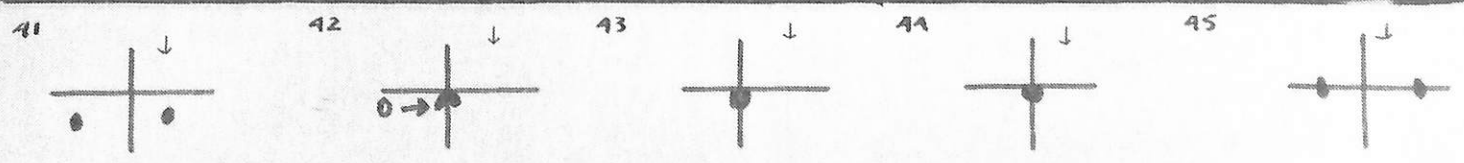
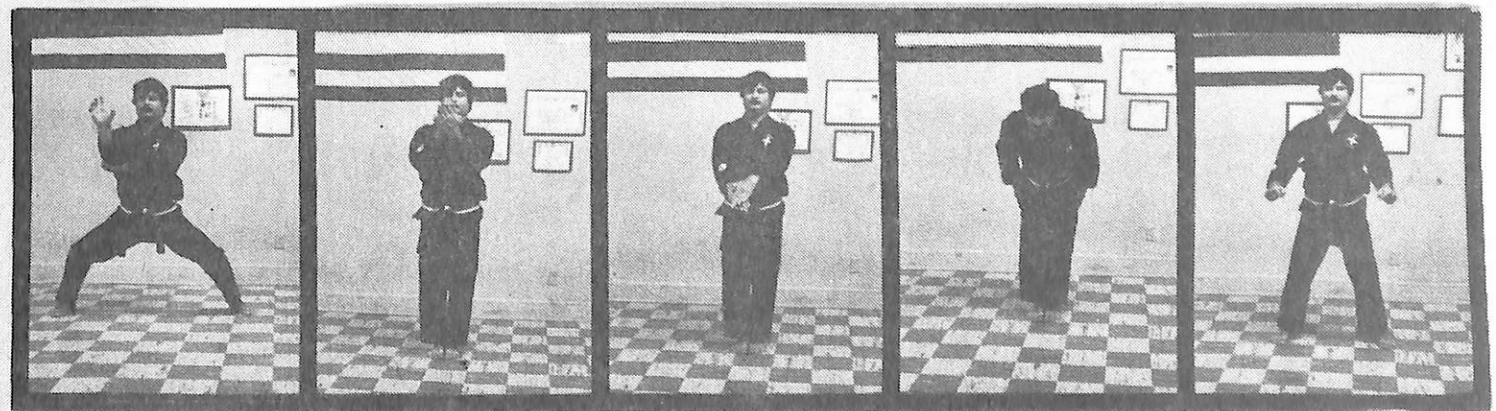
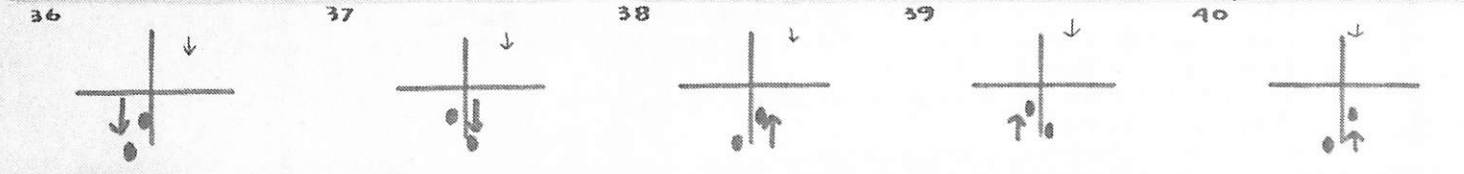
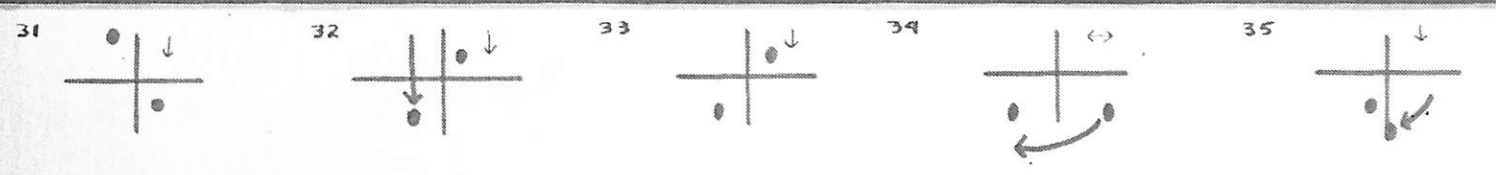
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45° ANGLE VIEW - 27A-28-B

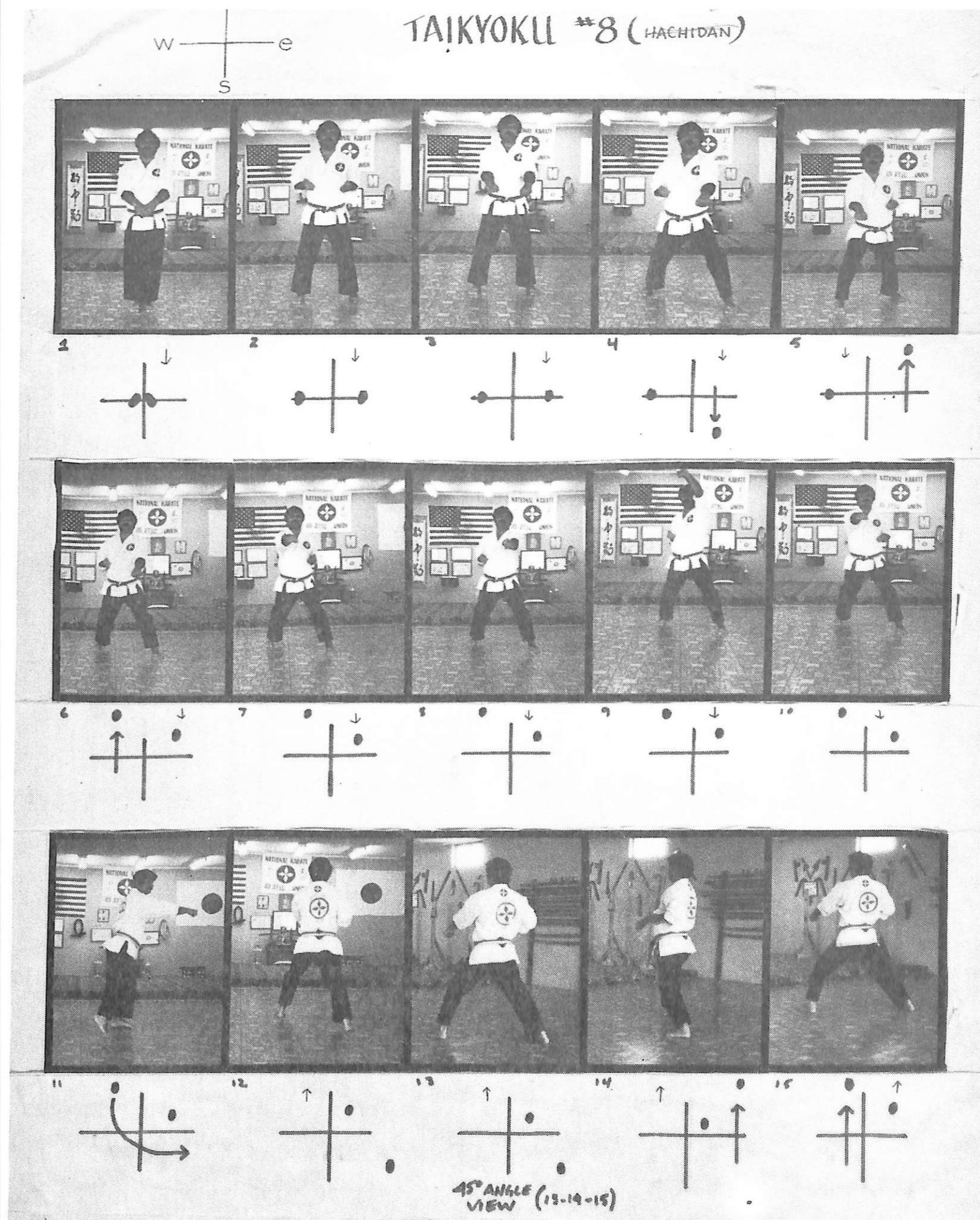


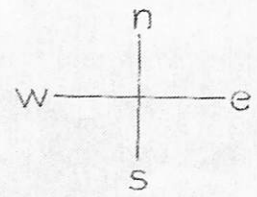
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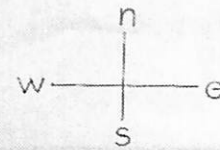
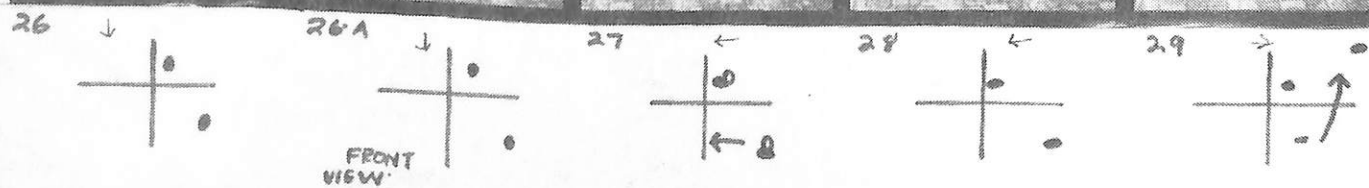
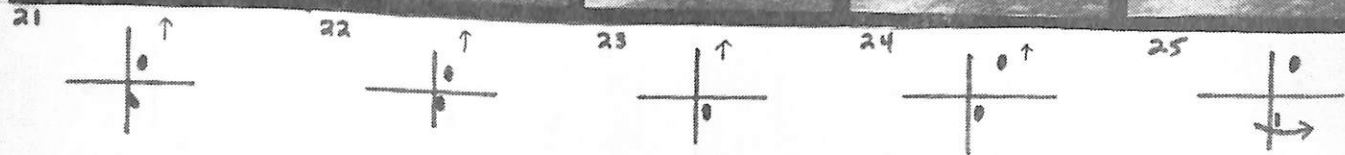
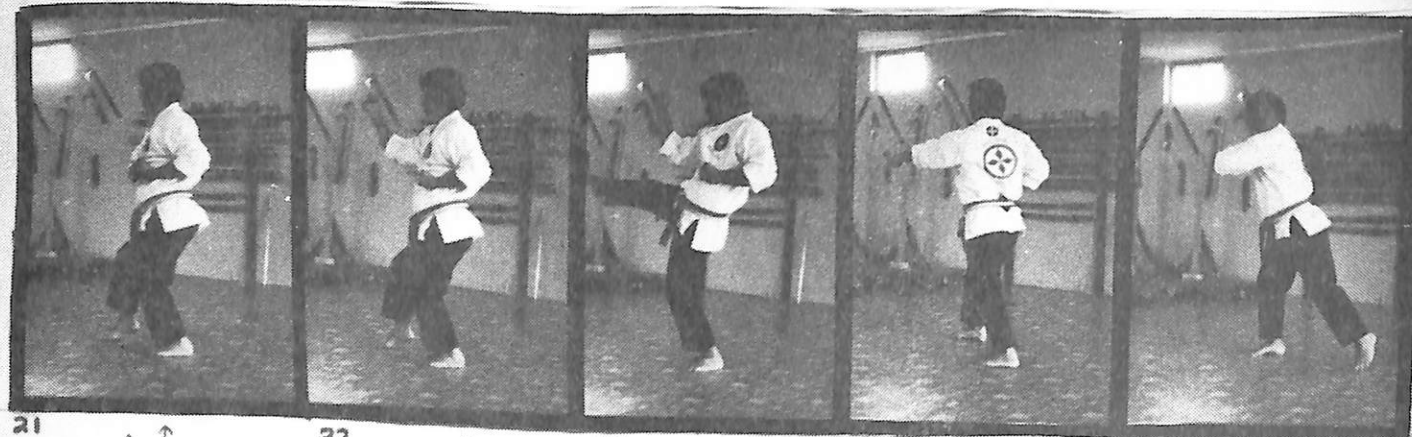
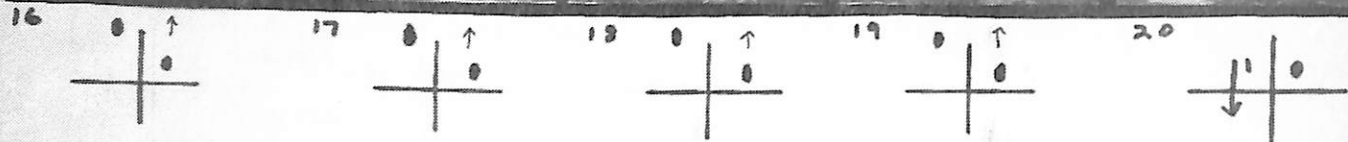
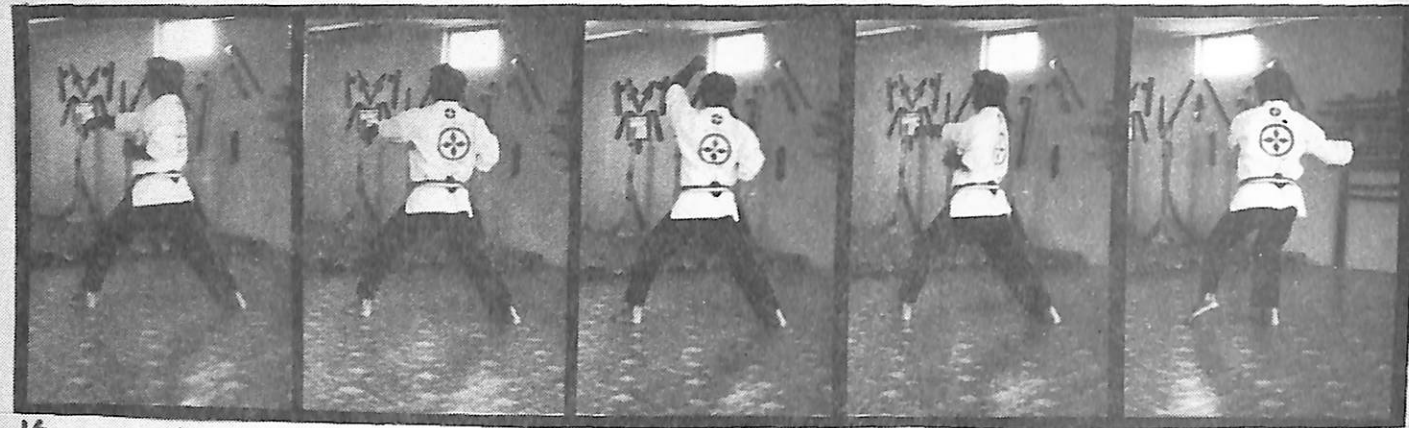
TAIKYOKU #8

1. Preparation (Sonae)
- 2.
3. Ready Stance (Yoi Dachi)
4. Step forward, with left foot, assume left front stance, execute left down block.
5. Step back, assume right front stance with right down block.
6. Step back, assume left front stance with left down block.
7. Execute right reverse punch without moving.
8. Execute left forward punch without moving.
9. Execute left high block, without moving.
10. Execute right reverse punch, without moving.
- 11.
12. Turn left (180 degree or $\frac{1}{2}$ turn), assume left front stance with left down block.
13. Side View of 11-12.
14. Step forward, assume right front stance, with right down block.
15. Step forward, assume left front stance with left down block.
16. Execute right reverse punch without moving.
17. Execute left forward punch, without moving.
18. Execute left high block, without moving.
19. Execute right reverse punch, without moving.
- 20.
21. Step back, assume right cat stance with left elbow strike.
22. Right grasping block, without moving.
23. Right front kick.
24. Assume right front stance, execute left reverse punch.
- 25.
26. Turn left (180 degree or $\frac{1}{2}$ turn), assume left front stance with right reverse high hammer strike.
- 26A Front View of #26.
27. Turn right, (90 degree or $\frac{1}{4}$ turn), assume right front stance with right down blk.
28. Execute left reverse punch without moving.
29. Turn left (180 degree or $\frac{1}{2}$ turn), assume left front stance with left down block.
30. Execute right reverse punch without moving.
31. Step back into right cat stance, execute left elbow strike.
- 32.
33. Turn left (270 degree or $\frac{3}{4}$ turn), assume left front stance with left high blk.
34. Execute right high punch without moving.
35. Step forward, assume right front stance with right high block.
36. Execute left high punch without moving.
37. Execute right high spear hand strike with left hand support in x-position.
39. Step back into sumo stance, execute right knife hand strike with left high blk.
40. 45 degree angle View of #39.
41. Execute right down hammer fist strike without moving.
42. Front View of #41.
43. Execute right roundhouse punch without moving.
- 44.
45. Closing
46. Bow (Rei)
47. Ready stance (Yoi Dachi).

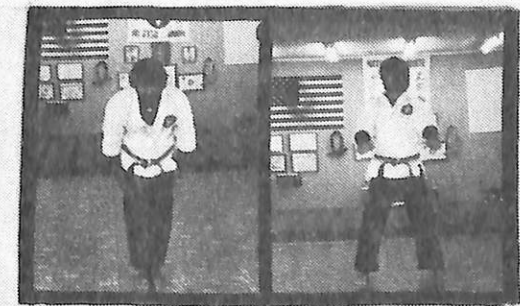
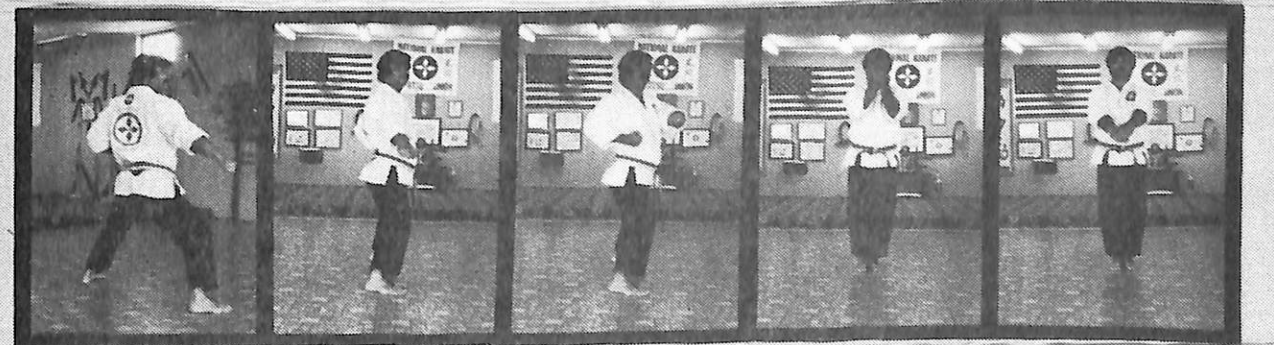
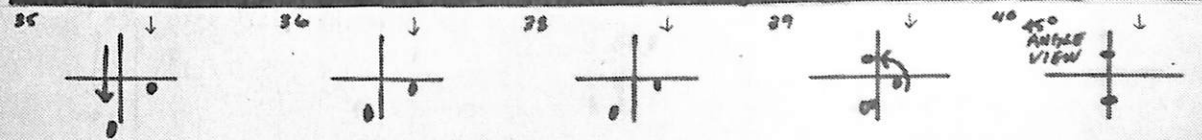




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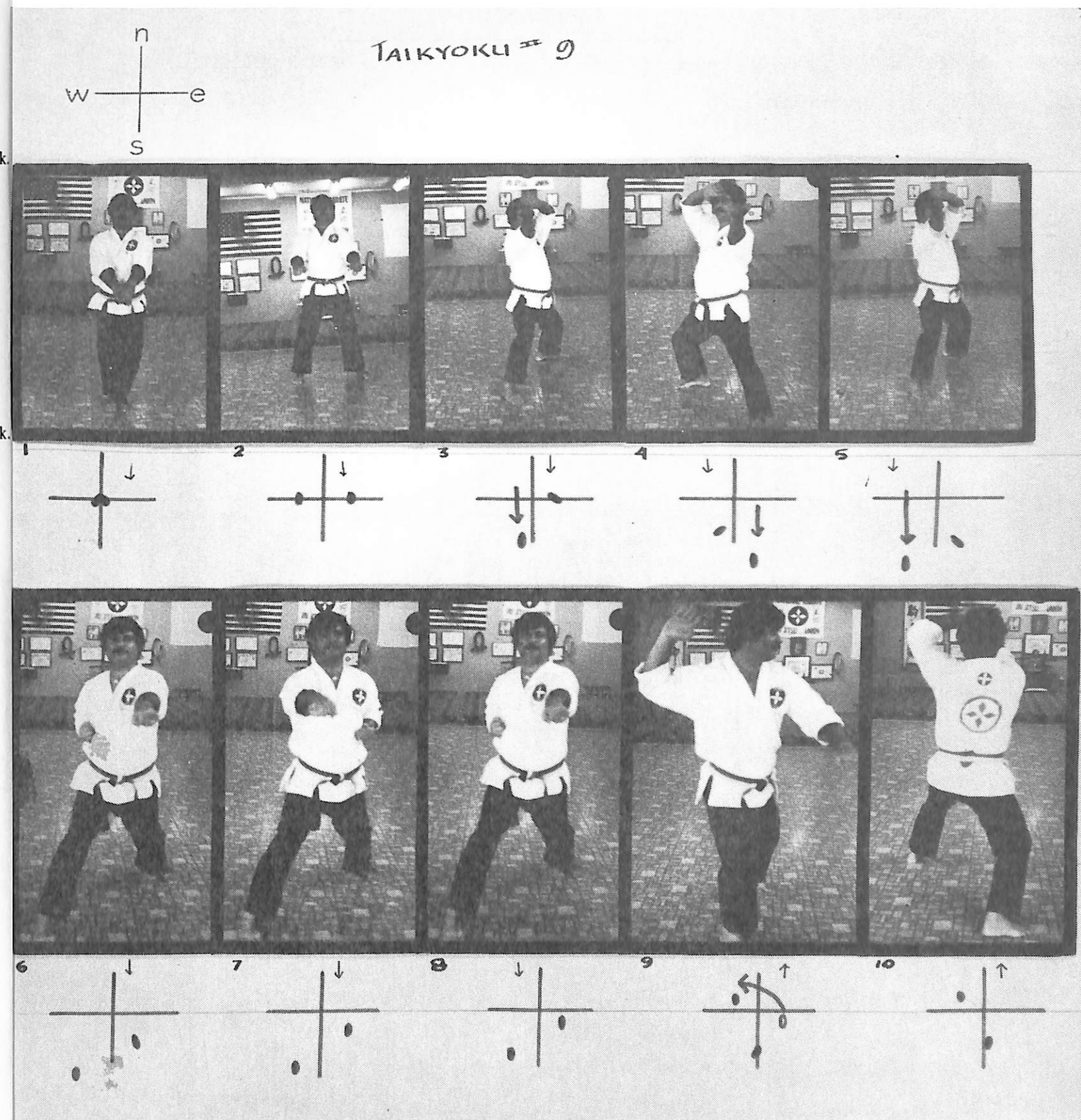


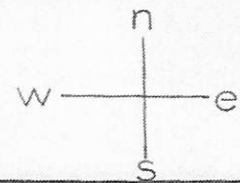
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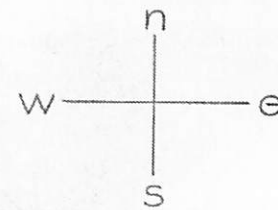
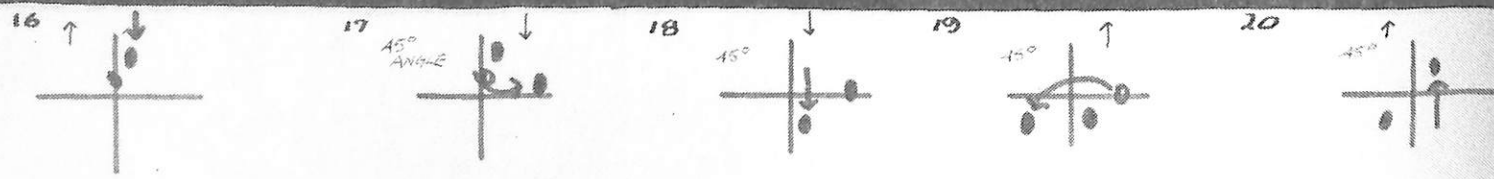
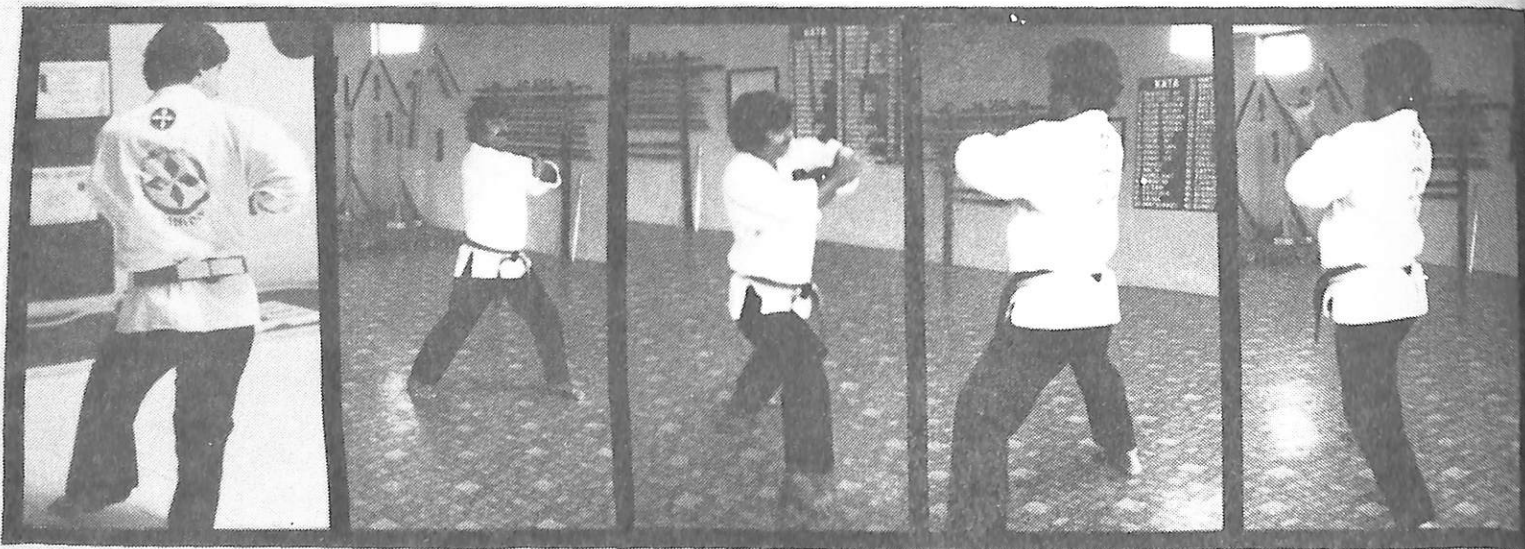
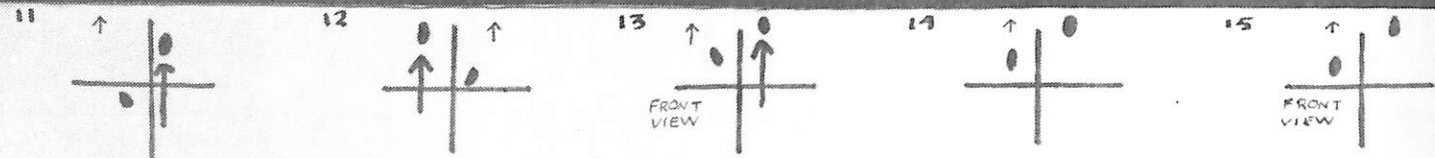
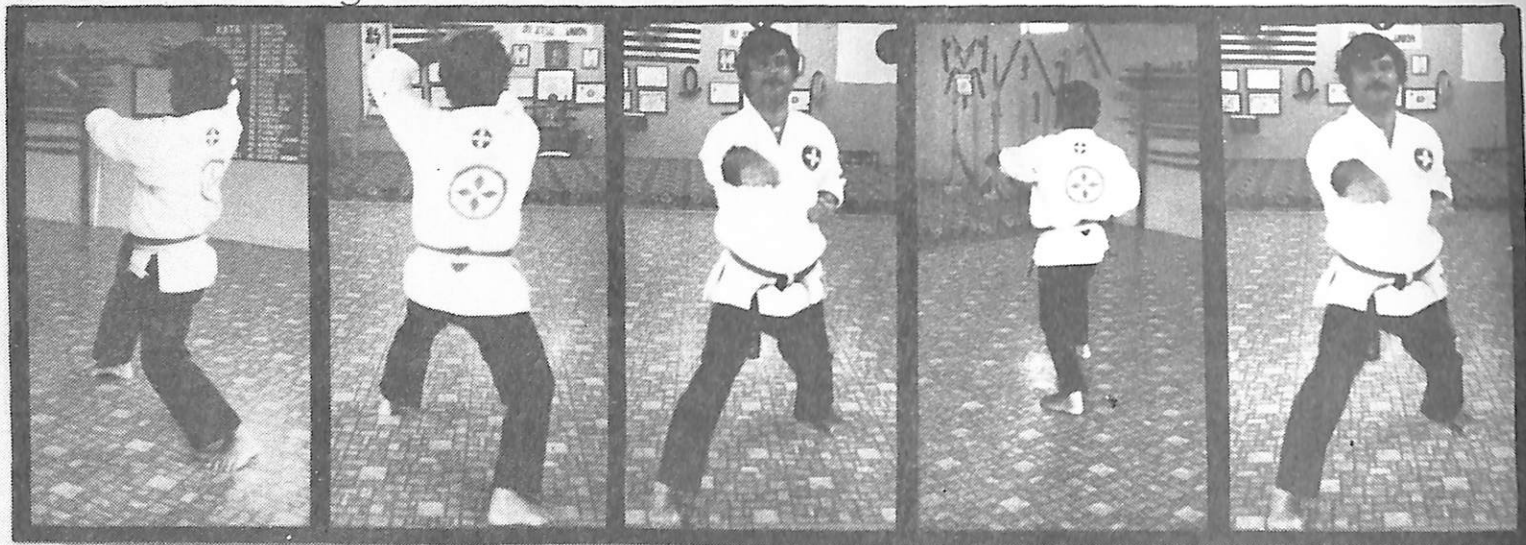
TAIKYOKU #9

1. Preparation (Sona)
2. Ready Stance (Yoi Dachi)
3. Step forward, assume right back stance and execute right knife hand strike with left high block.
4. Step forward, assume left back stance with left knife hand strike with right high block.
6. Step out, assume right front stance, execute left reverse punch.
7. Execute right forward punch, without moving.
8. Execute left reverse punch without moving.
- 9.
10. Turn left (180 degree or half turn) assume left back stance, and execute right reverse knife hand strike with left high block.
11. Step forward, assume right stance with left reverse knife hand strike with right high block.
12. Step forward, assume left back stance with right reverse knife hand strike with left high block.
13. Front View, Step forward, right front stance, execute right forward punch.
14. Left reverse punch without moving.
15. Front View, right forward punch without moving.
16. Step Back, assume left cat stance with right elbow strike.
17. Turn left (180 degree or half turn) assume left front stance, execute right cross elbow strike.
18. Jump forward, assume right front stance, execute left cross elbow strike.
19. Turn left (180 degree or half turn) assume sumo stance, execute right cross elbow strike.
20. Step forward, assume right front stance, execute right back fist strike with support.
21. Step forward, assume left front stance, execute left back fist strike, with support.
22. Step right, assume sumo stance, execute right knife hand strike.
- 23.
24. Turn left (280 degree or $\frac{3}{4}$ turn) assume left front stance, execute right reverse knife hand strike with left high block.
25. Right front kick with hand still in position.
26. ass, right front stance, execute left reverse punch.
27. Execute right forward punch without moving.
28. Step back into sumo stance, execute double cross grasping block with breathing.
29. Assume sumo stance, execute double cross grasping block with breathing.
30. Step back with left foot assume sumo stance execute double cross grasping block with breathing. . .
31. Step back assume sumo stance with double cross grasping block with breathing.
32. Turn right (90 degree or $\frac{1}{4}$ turn) assume right cat stance with double grasping block with breathing.
33. Step back, assume left cat stance, execute double elbow strike.
34. Execute double down block without moving.
35. Step forward, assume left front stance, execute double forward punch.
36. Closing . . .

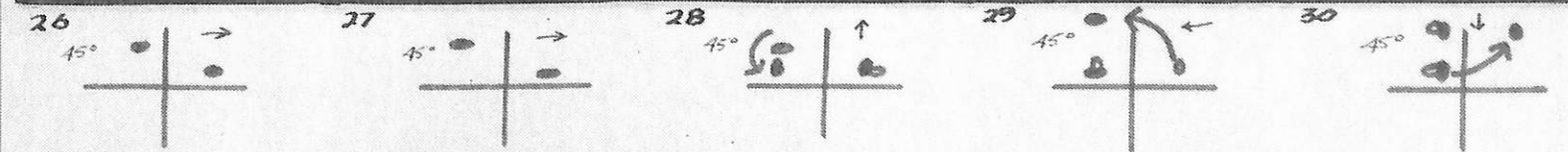
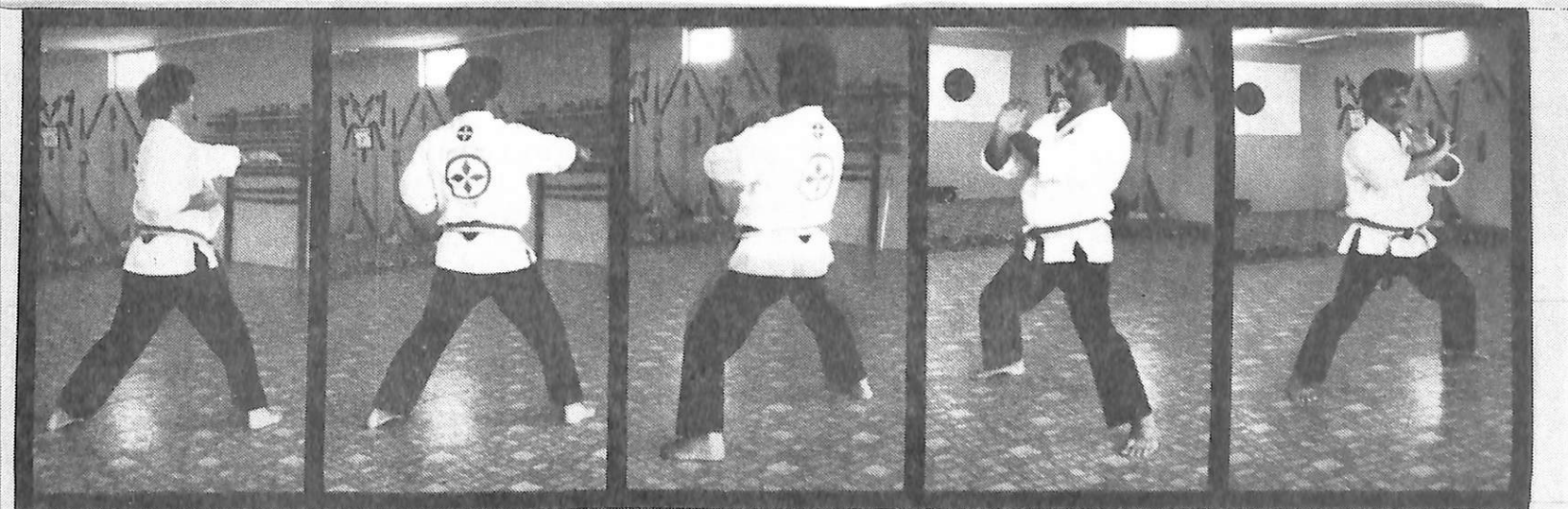
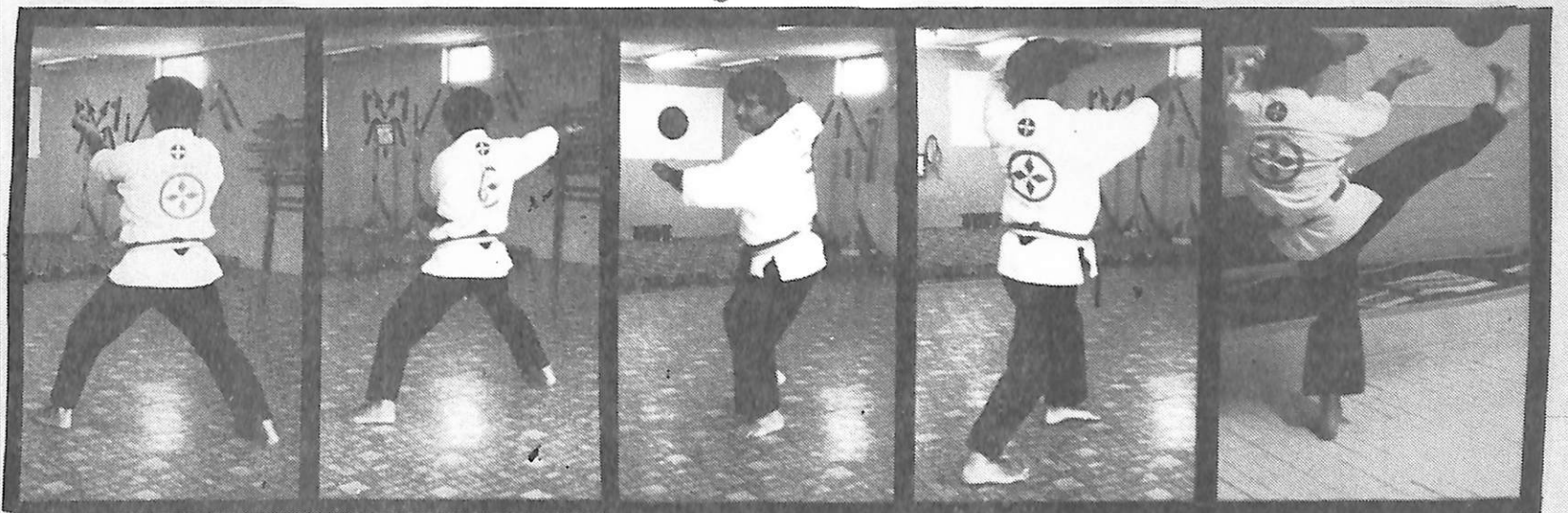


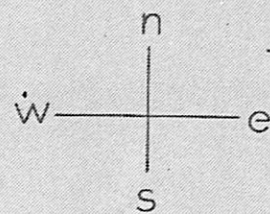


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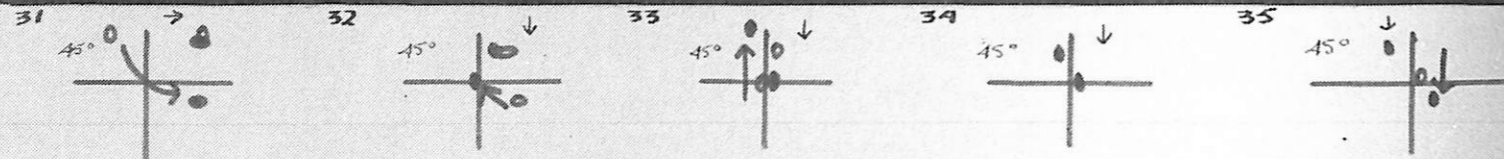


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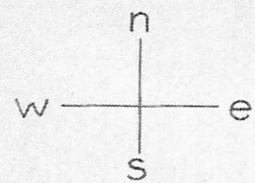


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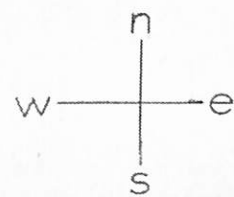
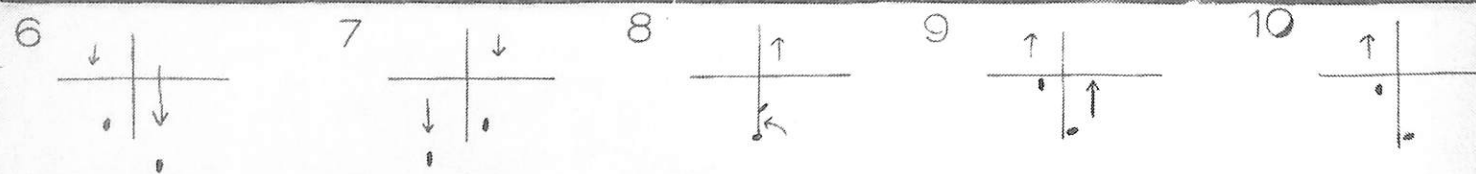
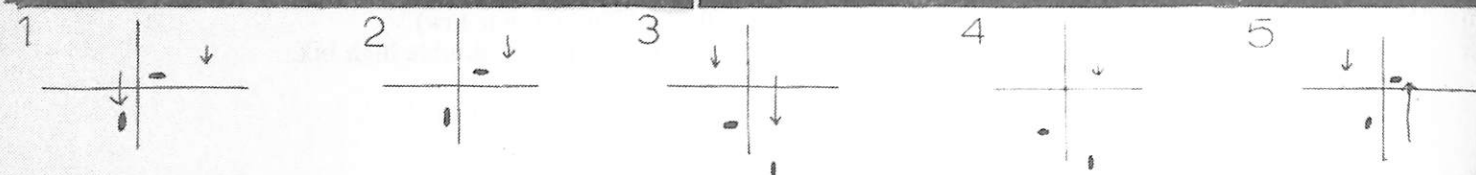
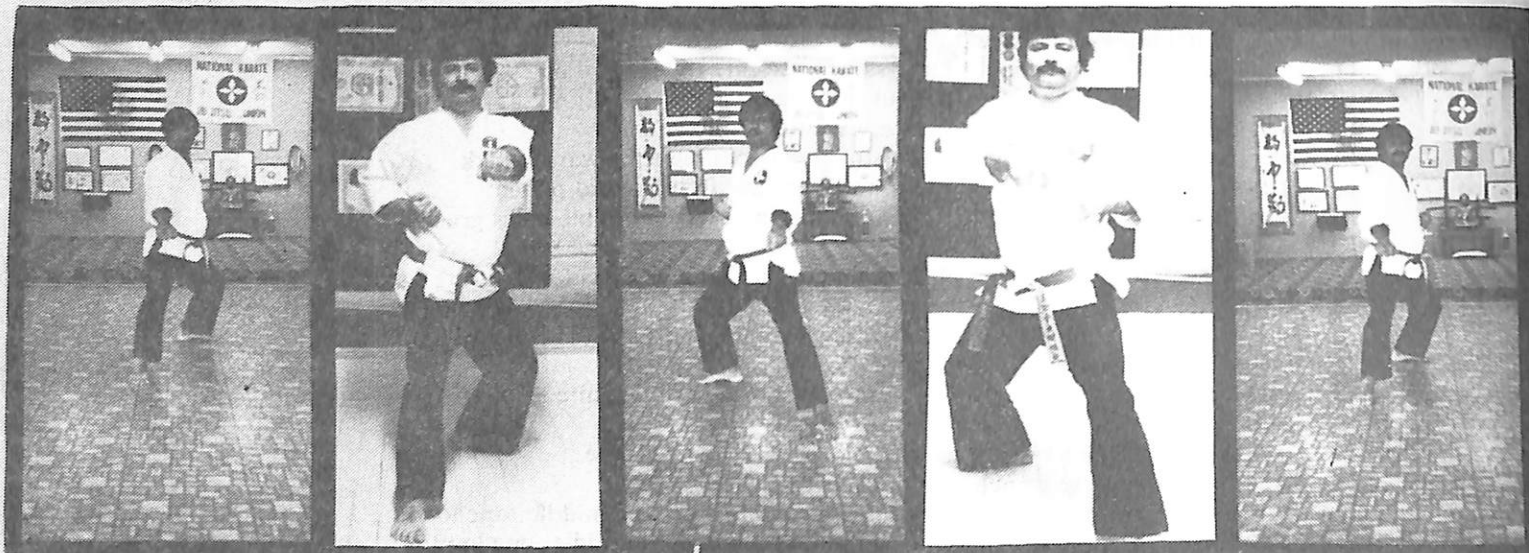


TAIKYOKU #10

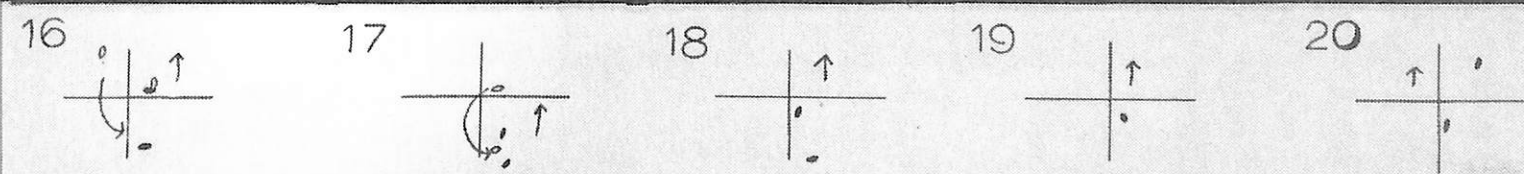
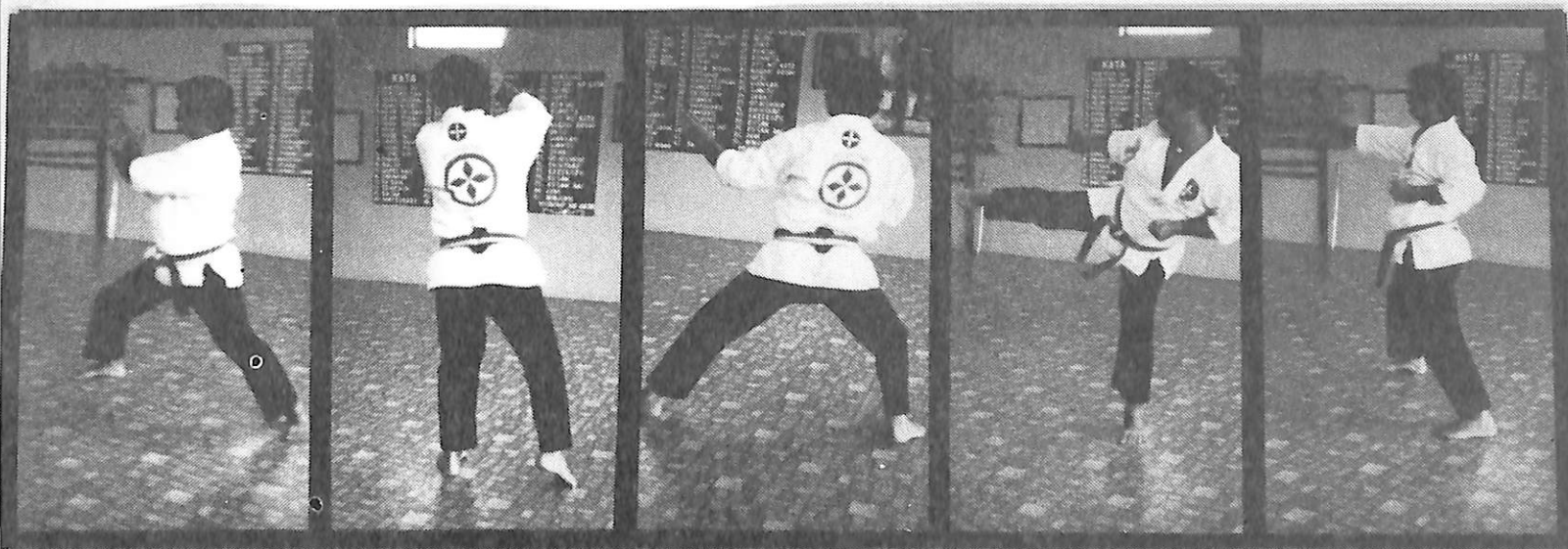
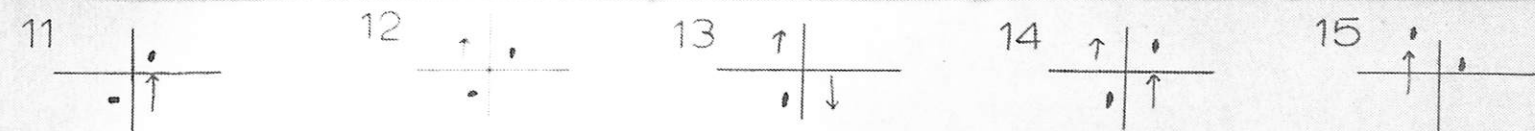
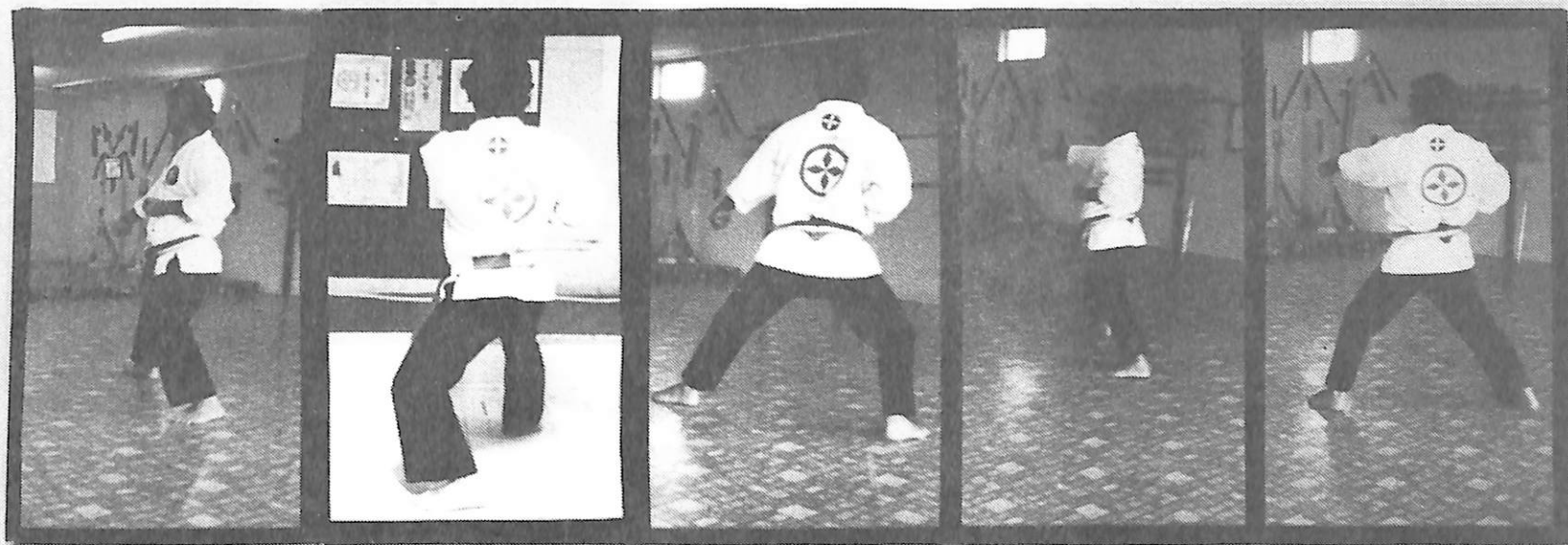
1. Step forward, assume right back stance, execute right downward blk.
2. Execute left reverse punch without moving.
3. Step forward, assume left back stance, execute left down blk.
4. Execute right reverse punch without moving.
5. Step back, assume right back stance, execute right down blk.
6. Step forward, assume left front stance, execute left forward punch.
7. Step forward, assume right front stance, execute right forward punch.
- 8.
9. Half turn (1/2) left (180 degree), assume left back stance execute left down blk.
10. Execute right reverse punch without moving.
11. Step forward, assume right back stance, execute right down blk.
12. Execute left reverse punch without moving.
13. Step back assume left back stance, execute left down blk.
14. Step forward, assume right front stance, execute right forward punch.
15. Step forward, assume left front stance, execute left forward punch.
16. Step back (left foot) assume Sq. sumo stance, execute double cross grasping blk.
- 17.
18. Step left 1/2 turn (180 degree) assume left back stance, execute left knife hand blk.
19. Right side kick.
20. Assume right front stance execute right hammer fist strike.
21. Execute left reverse punch without moving.
22. Turn left 1/4 turn (90 degree) assume left back stance, execute left knife hand blk.
23. Right side kick.
24. Assume right front stance, execute right hammer fist strike.
25. Execute left reverse punch without moving.
26. Step back, assume right cat stance with double blk, (one middle, one low).
27. Step back assume left cat stance with double blk. (one middle, one low).
28. Step back assume right cat stance with double blk, (one middle, one low).
29. Turn left (180 degree or 1/2 turn), assume left front stance, execute double high blk.
30. Execute right knife hand strike (palms up) with support, without moving.
31. Step forward, assume right front stance, execute double forward punch.
32. Step back, assume right cat stance, execute right middle blk.
33. Step back, assume left cat stance execute left middle blk.
34. (Front View) Step forward, assume right front stance, execute right forward punch.
35. Step into sumo stance with right foot, execute right cross elbow strike.
36. Turn left (180 degree or 1/2 turn) assume right front stance execute right forward punch.
37. Step forward into sumo stance with left foot, execute left cross elbow strike.
38. Turn left (90 degree or 1/4 turn), assume left cat stance execute left high blk.
39. Step forward, assume right cat stance, execute right high blk.
40. Turn left (180 degree or 1/2 turn), assume left cat stance execute left high blk.
41. Step forward, assume right cat stance, execute right high blk.
42. Lift knee up, assume one leg stance, also load for hammer fist strike.
43. Assume right front stance with right hammer fist strike with support.
44. Step in with right foot, assume sumo stance, execute right cross elbow strike.
45. Execute straight right elbow strike with support.
46. Turn left (90 degree or 1/4 turn), assume left cat stance, execute left knife hand strike.
47. Step in to sumo stance, execute double grasping blk.
- 48.
49. Closing
50. Ready stance (Yoi dachi).

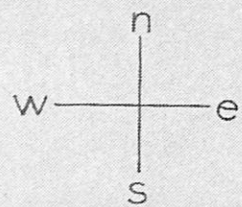


TAIKYOKU #10

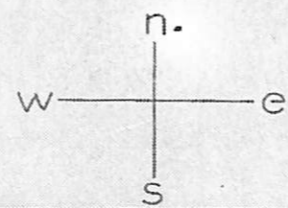
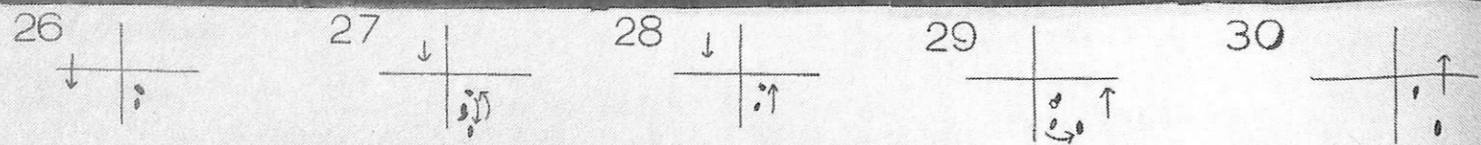
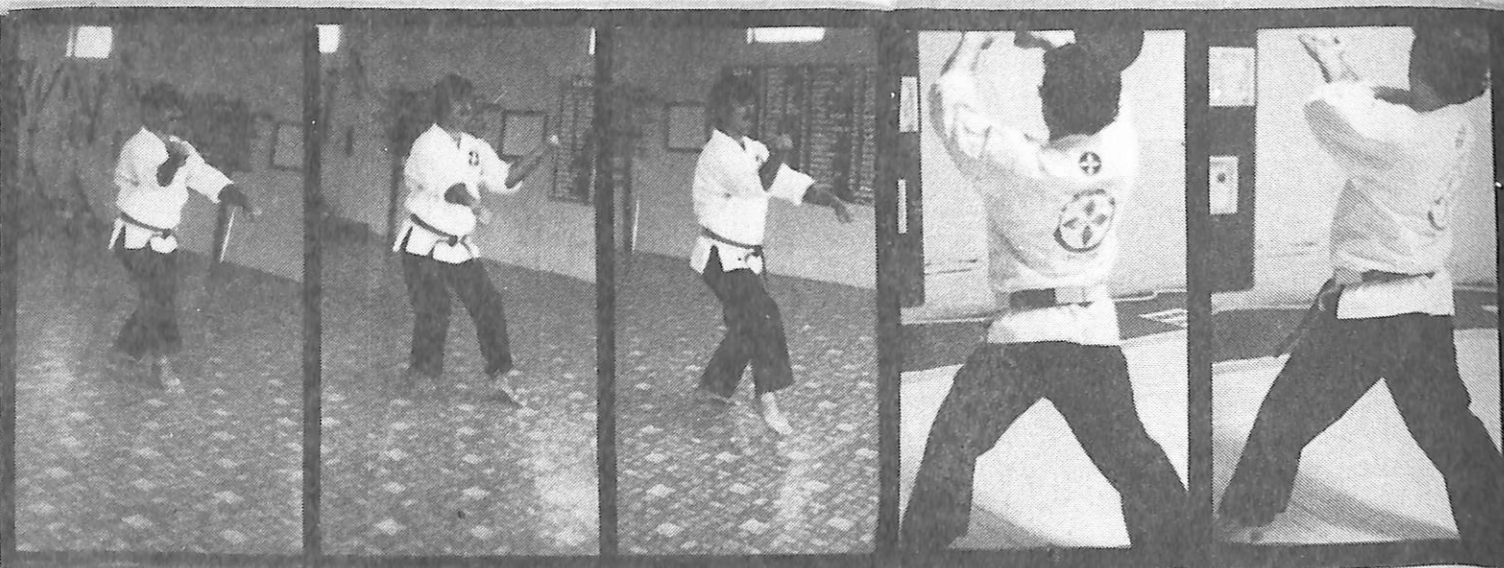
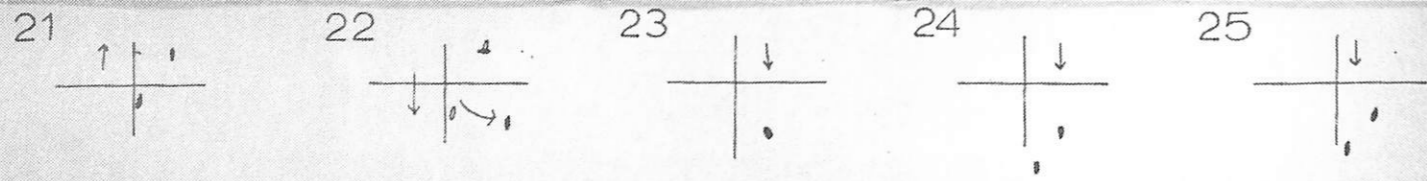
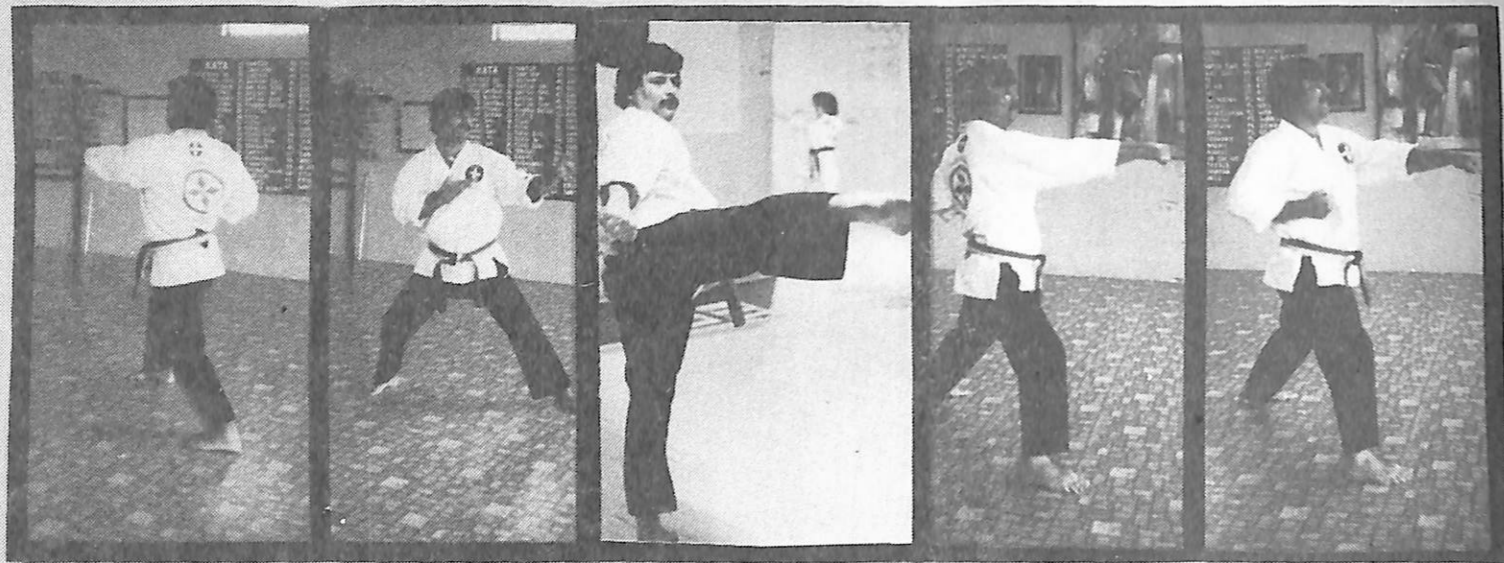


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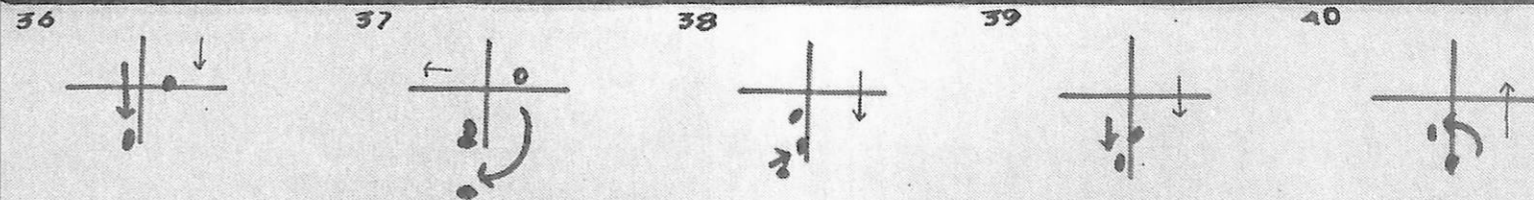
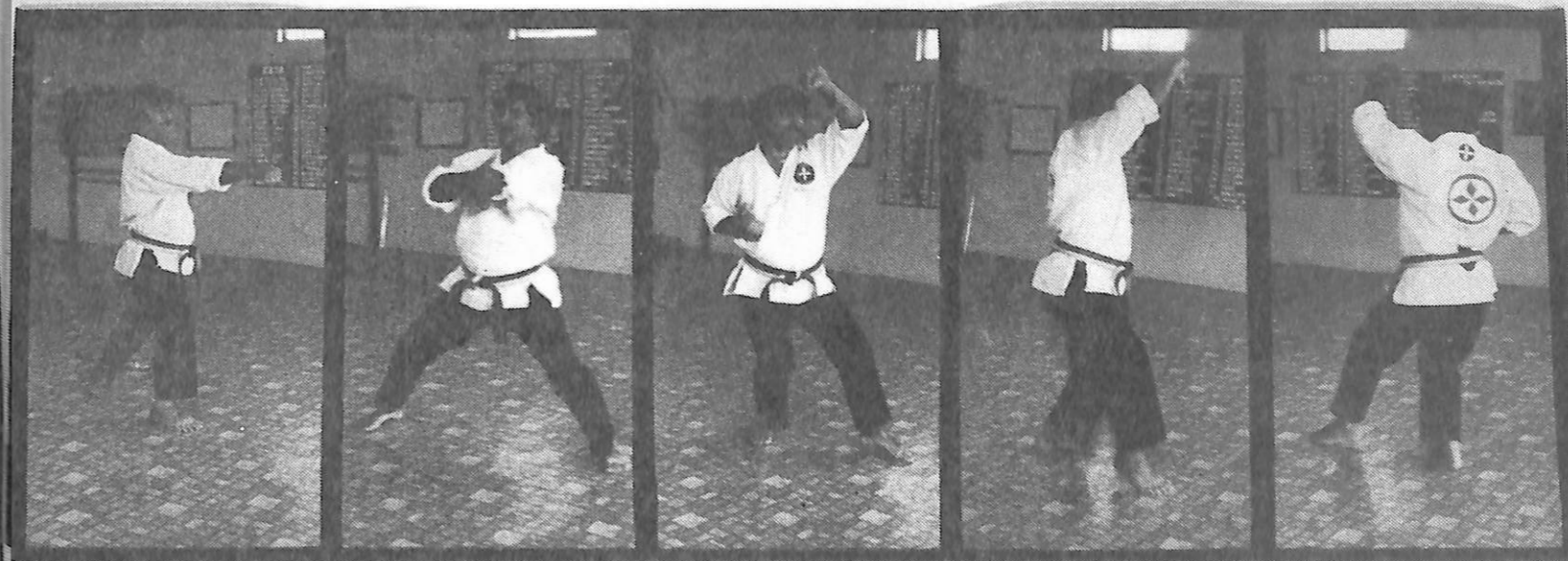
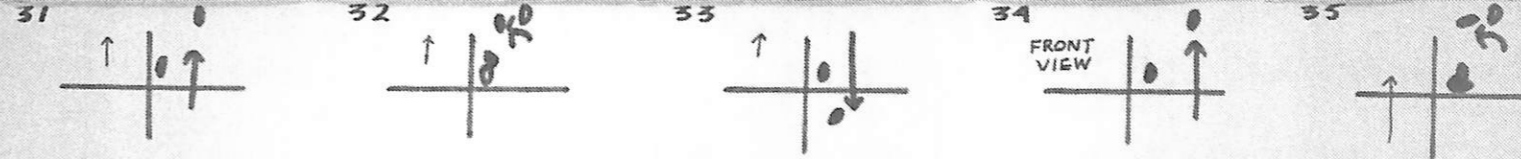
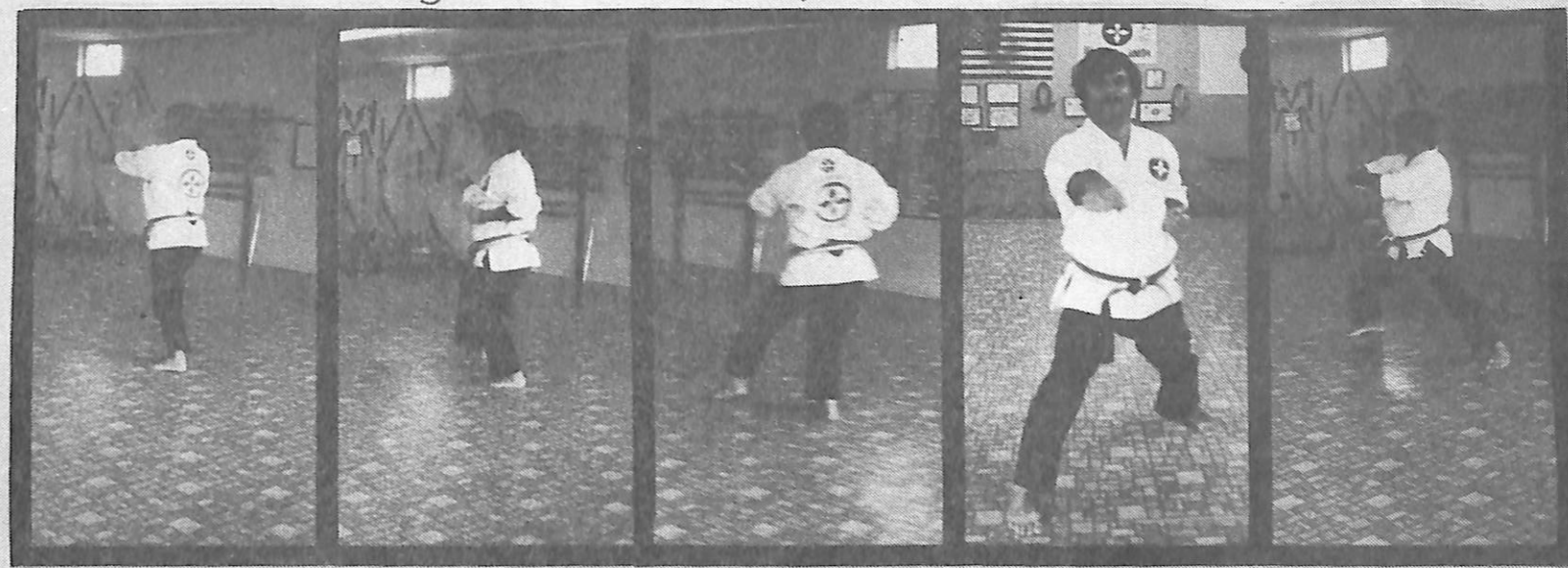


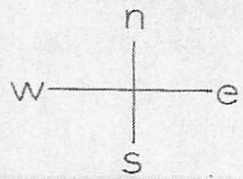


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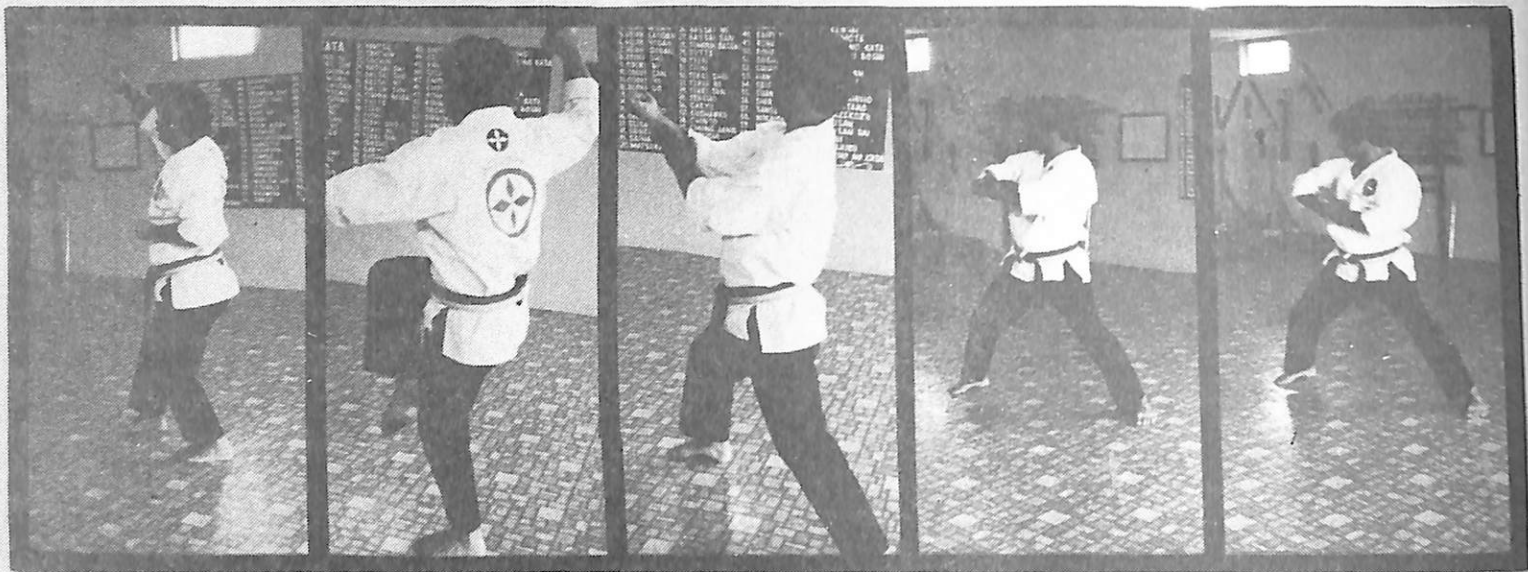


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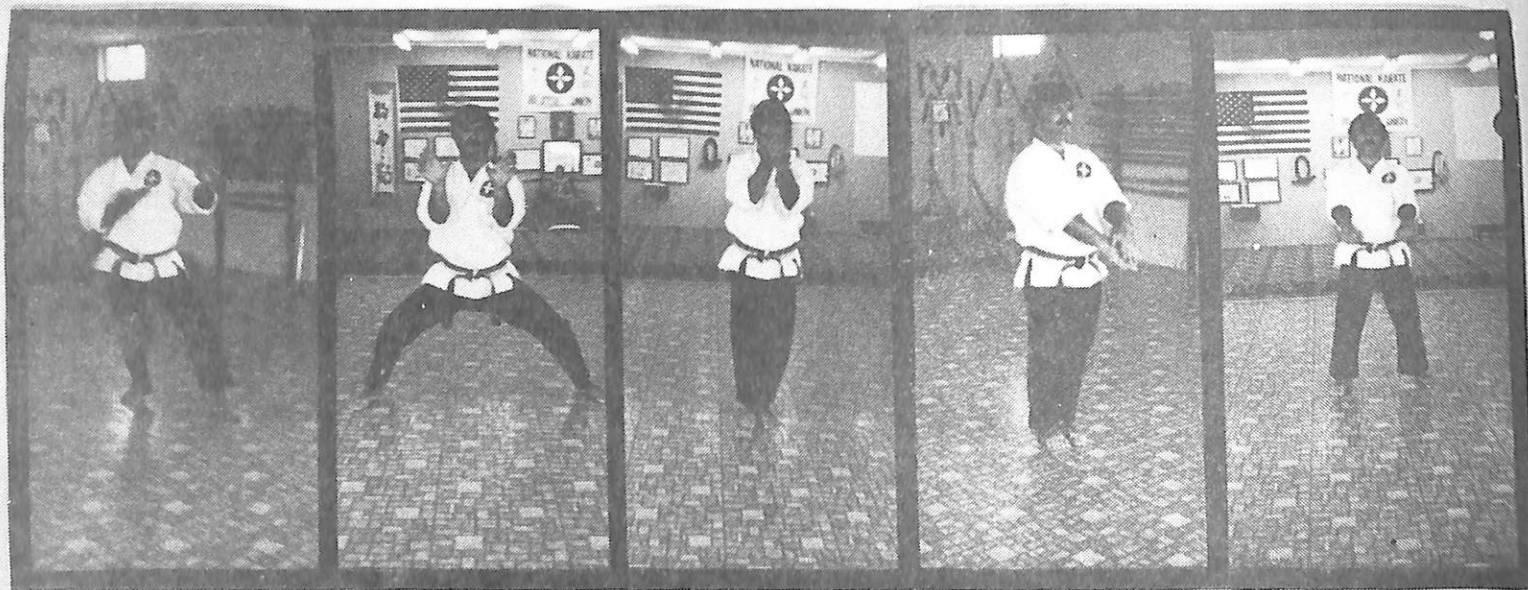
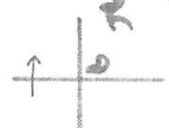
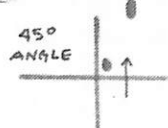
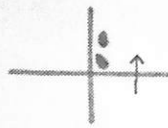
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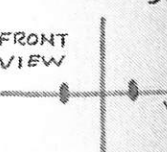
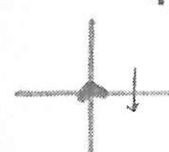
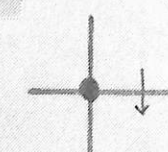
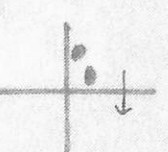
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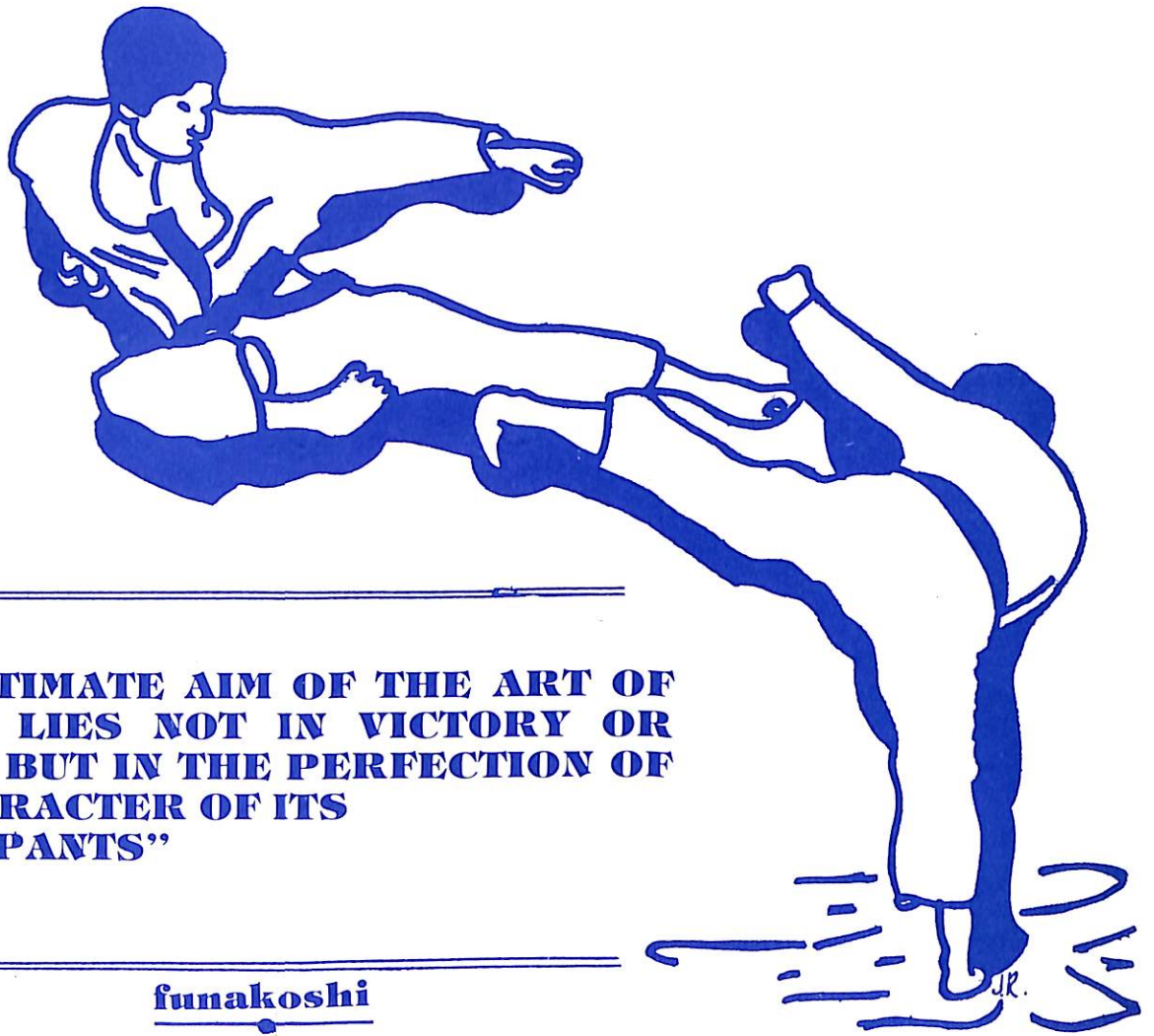
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忍
耐

PATIENCE

副會長
禰路易士七段



**“THE ULTIMATE AIM OF THE ART OF
KARATE LIES NOT IN VICTORY OR
DEFEAT, BUT IN THE PERFECTION OF
THE CHARACTER OF ITS
PARTICIPANTS”**

funakoshi