

Legend

RF	right foot	North	face front from starting position
LF	left foot	East	face right from starting position
RH	right hand	South	face back from starting position
LH	left hand	West	face left from starting position

Kata Taikyoko Jodan

1. Step forward with the right foot and shift 90 degrees to the left into left Sanchin Dachi and execute a left Age Uke. Step forward with the right foot into right Zenkutsu Dachi and perform Seikan Tsuki to jodan area.
 2. Stepping with the right foot, turn 180 degrees to the right into right Sanchin Dachi and execute a right Age Uke, followed by stepping forward into left Zenkutsu Dachi and performing perform Seikan Tsuki to jodan area.
 3. Stepping with the left foot, turn 90 degrees to the left into left Sanchin Dachi, facing shomen, and perform a left Age Uke, followed by three stepping Seikan Tsukis in Zenkutsu Dachi. Kiai on the last punch.
 4. Stepping with the left foot, turn 270 degrees to the left into left Sanchin Dachi and execute a left Age Uke followed by a stepping into right Zenkutsu Dachi and performing Seiken Tsuki, then turn 180 degrees to the right into right Sanchin Dachi and perform a right Age Uke followed by stepping into left Zenkutsu Dachi and executing Seiken Tsuki.
 5. Next, step left 90 degrees into left Sanchin Dachi and perform a left Age Uke, followed by three stepping Seiken Tsukis in Zenkutsu Dachi. Kiai on the last punch.
 6. Turn 270 degrees to the left into left Sanchin Dachi, perform a left Age Uke, and then step into right Zenkutsu Dachi and execute Seiken Tsuki. Step with the right foot and turn 90 degrees to the left into Heiko Dachi while still facing right and perform Ju Ji Uke with arms orthogonal to floor.
 7. Yame.
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Kata Taikyoko Chudan

1. Step forward with the right foot and shift 90 degrees to the left into left Sanchin Dachi and execute a left Yoko Uke. Step forward with the right foot into right Zenkutsu Dachi and perform Seikan Tsuki to chudan area.
2. Stepping with the right foot, turn 180 degrees to the right into right Sanchin Dachi and execute a right Yoko Uke, followed by stepping forward into left Zenkutsu Dachi and performing perform Seikan Tsuki to chudan area.
3. Stepping with the left foot, turn 90 degrees to the left into left Sanchin Dachi, facing shomen, and perform a left Yoko Uke, followed by three stepping Seikan Tsukis in Zenkutsu Dachi. Kiai on the last punch.
4. Stepping with the left foot, turn 270 degrees to the left into left Sanchin Dachi and execute a left Yoko Uke followed by a stepping into right Zenkutsu Dachi and performing Seiken Tsuki, then turn 180 degrees to the right into right Sanchin Dachi and perform a right Yoko Uke followed by stepping into left Zenkutsu Dachi and executing Seiken Tsuki.
5. Next, step left 90 degrees into left Sanchin Dachi and perform a left Yoko Uke, followed by three stepping Seiken Tsukis in Zenkutsu Dachi. Kiai on the last punch.
6. Turn 270 degrees to the left into left Sanchin Dachi, perform a left Yoko Uke, and then step into right Zenkutsu Dachi and execute Seiken Tsuki. Step with the right foot and turn 90 degrees to the left into Heiko Dachi while still facing right and perform Ju Ji Uke with arms orthogonal to floor.
7. Yame.

Kata Taikyoko Gedan

1. Step forward with the right foot and shift 90 degrees to the left into left Shiko Dachi and execute a left Harai Otoshi. Step forward with the right foot into right Shiko Dachi and perform Seikan Tsuki.
2. Stepping with the right foot, turn 180 degrees to the right into right Shiko Dachi and execute a right Harai Otoshi, followed by stepping forward into left Shiko Dachi and performing Seikan Tsuki.
3. Stepping with the left foot, turn 90 degrees to the left into left Shiko Dachi, facing shomen, and perform a left Harai Otoshi, followed by three stepping Seikan Tsukis in Shiko Dachi. Kiai on the last punch.
4. Stepping with the left foot, turn 270 degrees to the left into left Shiko Dachi and execute a left Harai Otoshi followed by a stepping into right

Shiko Dachi and performing Seikan Tsuki, then turn 180 degrees to the right into right Shiko Dachi and perform the a right Harai Otoshi followed by stepping into left Shiko Dachi and executing Seikan Tsuki.

5. Next, step left 90 degrees into left Shiko Dachi and perform a left Harai Otoshi, followed by three stepping Seikan Tsukis in Shiko Dachi. Kiai on the last punch.
6. Turn 270 degrees to the left into left Shiko Dachi, perform a left Harai Otoshi, and then step into right Shiko Dachi and execute Seikan Tsuki. Step with the right foot and turn 90 degrees to the left into Heiko Dachi while still facing right and perform Ju Ji Uke with arms orthogonal to floor.
7. Yame