

# LIST OF TAIGI TECHNIQUES

## [0] Kitei Taigi (compulsory form) - 110 seconds

1. Shomenuchi Kokyunage
2. Yokomenuchi Shihonage
3. Munetsuki Kotegaeshi
4. Katatetori Ikkyo
5. Katatori Nikkyo
6. Ushirotekubitori Sankyo

## [1] Daiichi Taigi Katatetori "Shodan" - 65 seconds

1. Katatetori Kokyunage Tenkan (Onshi no gyoi)
2. Katatetori Kirikaeshi Tenkan
3. Katatetori Zempo Nage Tenkan
4. Katatetori Kaiten Nage Tenkan
5. Katatetori Shihonage Tenkan
6. Katatetori Ikkyo Tenkan

## [2] Daini Taigi Katatetori Ryotemochi "Nidan" - 58 seconds

1. Katatetori Ryotemochi Kokyunage Tenkan (choyaku undo)
2. Katatetori Ryotemochi Kokyunage Tenkan (maru undo)
3. Katatetori Ryotemochi Kokyunage Tenkan (hachi no ji)
4. Katatetori Ryotemochi Zempo Nage
5. Katatetori Ryotemochi Nikkyo Tenkan
6. Katatetori Ryotemochi Kotegaeshi Tenkan

## [3] Daisan Taigi Yokomenuchi "Sandan" - 43 seconds

1. Yokomenuchi Sudori
2. Yokomenuchi Sudori (ojiki)
3. Yokomenuchi Koyunage Irimi  
*1 through 3 are done continuously on both sides*
4. Yokomenuchi Shihonage Irimi
5. Yokomenuchi Kokyunage Sudori Nage
6. Yokomenuchi Kokyunage Tenkan (hachi no ji)

**[4] Daiyon Taigi Ryokatatori "Women 's Arts" - 60 seconds**

1. Ryokatatori Kokyunage Tenkan (ojigi)
2. Ryokatatori Kokyunage Tenkan (kirikaeshi ojigi)
3. Ryokatatori Kokyunage Tenkan (nido ojigi)
4. Ryokata Sudori
5. Ryokatatori Nikkyo Tenkan
6. Ryokatatori Zempo Nage (Yokomenuchi)

**[5] Daigo Taigi "Children's Arts" - 77 seconds**

1. Shomenuchi Kokyunage
2. Yokomenuchi Shihonage
3. Munetsuki Kotegaeshi
4. Katatori Ikkyo Irimi
5. Koyu Dosa

**[6] Dairoku Taigi Ushiro Waza "Retirees over 60" - 58 seconds**

1. Ushirotori Kokyunage (Zempo Nage)
2. Ushirotekubitori Kokyunage Tenkan (Ura Gaeshi)
3. Ushirotekubitori Zempo Nage
4. Ushirotekubitori Kotegaeshi (Hantai Tenkan)
5. Ushirotekubitori Ikkyo Tenkan
6. Ushirotekubitori Sankyo Nage

**[7] Dainana Taigi Munetsuki & Keri (Kick) - 66 seconds**

1. Munetsuki Kokyunage (cut neck)
2. Munetsuki Ikkyo Hantai Tenkan (opposite hand)
3. Munetsuki Zempo Nage
4. Maikeri Kokyunage Irimi (block kick & hit face)
5. Mawakeri Kokyunage (ashi tori)
6. Munetsuki Kotegaeshi

**[8] Daihachi Taigi Ryotetori - 50 seconds**

1. Ryotetori Tenchinage Irimi
2. Ryotetori Tenchinage Tenkan
3. Ryotetori Kokyunage (Yurei Nage - "Swan Lake")
4. Ryotetori Kokyunage (Sayu Undo)
5. Ryotetori Kokyunage Zempo Nage
6. Ryotetori Kokyunage Kirikaeshi

**[9] Daikyu Taigi Shomenuchi - 56 seconds**

1. Shomenuchi Ikkyo Irimi
2. Shomenuchi Ikkyo Tenkan 16
3. Shomenuchi Kokyunage Irimi ("Banzai" throw)
4. Shomenuchi Kotegaeshi
5. Shomenuchi Kokyunage Kirikaeshi
6. Shomenuchi Kokyunage Zempo Nage

**[10] Daiju Taigi Katatori Shomenuchi - 59 seconds**

1. Katatori Menuchi Kokyunage Irimi ("No touch" art)
2. Katatori Menuchi Kokyunage Tenkan (Maru Undo)
3. Katatori Menuchi Kokyunage Tenkan (Hachi no Ji)
4. Katatori Menuchi Nikyo Tenkan
5. Katatori Menuchi Kokyunage (Sankyo)
6. Katatori Menuchi Kokyunage Zempo Nage

**[11] Daijuichi Taigi Katatetori - 56 seconds**

1. Katatetori Kokyunage Irimi ("No touch" art)
2. Katatetori Kokyunage Irimi/Tenkan
3. Katatekosadori Kokyunage Tenkan
4. Katatekosadori Kokyunage (curl wrist)
5. Katatekosadori Kokyunage Irimi (curl wrist - "No touch" art)
6. Katatekosadori Kokyunage Kirikaeshi

**[12] Daijuni Taigi Katatetori Ryotemochi - 66 seconds**

1. Katatetori Ryotemochi Kokyunage Irimi
2. Katatetori Ryotemochi Kokyunage Tenkan
3. Katatetori Ryotemochi Kokyunage Nikyo Tenkan
4. Katatetori Ryotemochi Kokyunage Ikkyo Kirikaeshi
5. Katatetori Ryotemochi Kokyunage Zempo Nage Tenkan
6. Katatetori Ryotemochi Kokyunage Ball Nage

**[13] Daijusan Taigi Yokomenuchi - 61 seconds**

1. Yokomenuchi Kokyunage Irimi
2. Yokomenuchi Kokyunage Juji Irimi Nage
3. Yokomenuchi Kokyunage Atemi 17
4. Yokomenuchi Shihonage Irimi Tobikomi
5. Yokomenuchi Kotegaeshi (Maru Undo)
6. Yokomenuchi Kokyunage Zempo Nage Kirikaeshi

**[14] Daijuyon Taigi Katatori - 85 seconds**

1. Katatori Ikkyo Tenkan
2. Katatori Nikyo Irimi
3. Katatori Sankyo Tenkan
4. Katatori Yonkyo Irimi
5. Katatori Kokyunage Ushiromuki (Bow)
6. Katatori Kokyunage Kirikaeshi Ushiromaki (Yokomenuchi)

**[15] Daijugo Taigi "Intermediate School" - 85 seconds**

1. Shomenuchi Ikkyo Irimi
2. Yokomenuchi Kokyunage Tenkan (Hachi no Ji)
3. Munetsuki Zampo Nage
4. Katatori Nikyo Irimi
5. Ushirotori Kokyunage Zempo Nage
6. Ushirotekubitori Sankyo Nage

**[16] Daijuroku Taigi Zagi - 57 seconds**

1. Shomenuchi Ikkyo Irimi
2. Shomenuchi Ikkyo Tenkan
3. Katatori Shomenuchi Kokyunage Irimi
4. Shomenuchi Kokyunage
5. Munetsuki Kotegaeshi
6. Yokomenuchi Kokyunage

**[17] Daijunana Taigi Zagi Handachi - 53 seconds**

1. Katatetori Kokyunage (Zempo Nage)
2. Katatetori Kokyunage Kirikaeshi
3. Shomenuchi Kokyunage
4. Ushirokatatori Kokyunage
5. Munetsuki Kotegaeshi
6. Yokomenuchi kokyunage

**[18] Daijuhachi Taigi Ushiro Waza - 72 seconds**

1. Ushirotori okyunage Hagaijime (holding elbows)
2. Ushiro Katatori Kokyunage Hikoki (Airplane) Nage
3. Ushiro Katatori Kokyunage Hikoki Kirikaeshi
4. Ushiro Katatori Kokyunage zempo Nage
5. Ushiro Katatetori Kubishime Urugaeshi Kokyunage
6. Ushiro Katatetori Kubishime Zempo Nage

**[19] Daijukyū Taigi Munetsuki - 52 seconds**

1. Munetsuki Kokyunage Uchiwanage Kibikiri (fan)
2. Munetsuki Kokyunage Zempo Nage Yokomenuchi
3. Munetsuki Kokyunage Uchiwanage Menuchi
4. Munetsuki Kokyunage Irimi Sudori
5. Munetsuki Kokyunage Shomenuchi
6. Munetsuki Kokyunage Kotegaeshi Hantai Tenkan

**[20] Dainiju Taigi Futari Sannin Waza - 82 seconds**

1. Futari Ryotemochi Kokyunage Zempo Nage (one time)
2. Futari Ryotemochi Kokyunage Senaka Awase (one time)
3. Futari Ryotemochi Kokyunage Seiretsu (one time)
4. Futari Ryotemochi Shihonage
5. Sannin Ryotemochi Kokyunage Seiretsu
6. Sanningake Randori

**[21] Daijuichi Taigi Tanken Tori - 131 seconds**

1. Shomenuchi Kotegaeshi
2. Shomenuchi Kokyunage Irimi
3. Yokomenuchi Irimi Sakate
4. Yokomenuchi Kokyunage Gokyu Sakate
5. Yokomenuchi Shihonage
6. Munetsuki Kotegaeshi
7. Munetsuki Ikkyo Irimi
8. Munetsuki Kokyunage Zempo Nage
9. Munetsuki Hiji Menuchi
10. Munetsuki Kaiten Nage

**[22] Daijuni Taigi Tachi Tori (Bokken Tori) - 106 seconds**

1. Shomenuchi Irimi Sudori - Shomenuchi Kokyunage
2. Shomenuchi Kotegaeshi (right only)
3. Shomenuchi Irimi Tori (left only)
4. Yokomenuchi Kokyunage Irimi
5. Yokomenuchi Shihonage (left only)
6. Munetsuki Kotegaeshi (right only)
7. Munetsuki Kokyunage Zempo Nage
8. Munetsuki Kokyunage Irimi Sudori
9. Douchi Kokyunage
10. Yokobarai Kokyunage

**[23] Dainijusan Taigi Jo Tori - 124 seconds**

1. Shomenuchi Irimi Sudori - Shomenuchi Kokyunage
2. Shomenuchi Kotegaeshi (right only)
3. Shomenuchi Irimi Tori (left only)
4. Yokomenuchi Shihonage (left only)
5. Yokoenuchi Kokyunage Zempo Nage
6. Munetsuki Kokyunage Tsukikaeshi
7. Munetsuki Kokyunage Zempo Nage
8. Munetsuki Kokyunage Kirikaeshi
9. Douchi Kokyunage
10. Yokobarai Kokyunage

**[24] Dainijuyon Taigi Jo Nage - 68 seconds**

1. Kokyunage
2. Kokyunage Zempo Nage
3. Sakate Mochi Kokyunage Zempo Nage
4. Shihonage
5. Nikkyo
6. Kotegaeshi
7. Kokyunage Kirikaeshi
8. Kokyunage Ashi Sukui

**[25] Dainijugo Taigi Ken (Daiichi Kengi) - 27 seconds**

1. 1. Happogiri - performed twice with counting aloud; first time at regular speed, second time faster

**[26] Dainijuroku Taigi Ken (Daini Kengi) - 29 seconds**

*The counting rhythm is: 1-2, 3-4, 5-6, 7-8, 9-10, 11-12, 13*

1. Ichinotachi
2. Ichinotahi
3. Hidari Kesagiri
4. Migi Kesagiri
5. Ushiro Uchi
6. Tsuki
7. Ushiro Uchi
8. Tsuki
9. Hidari Kesagake Tobi Komi
10. Migi Kesagake Tobi Komi
11. Tsuki
12. Hidari Kesagake

**[27] Daihijunana Taigi Jo (Daiichi Jogi) - 38 seconds**

*Counting 1-22: performed twice with counting aloud; first time at regular speed, second time faster*

**[28] Dainijuhachi Taigi Jo (Daini Jogi) - 40 seconds**

1. Tsuki Zujyo (continued)
2. Tsuki Zujyo
3. Hidari Yokomenuchi
4. Mawashite Migi Uchi Oroshi
5. Migi Yokomenuchi
6. Tsuki Zujyo - Ushiro Muki
7. Hidari Yokomenuchi
8. Mawashite Migi Oroshi 21
9. Migi Yokomenuchi
10. Tsuki Zujyo - Ushiro Muki
11. Hidari Yokomenuchi
12. Hidari Kohotsuki
13. Migi Kohotsuki (ushiro))
14. Tsuki - Ushiro Muki
15. Fumikonde (Hidari) Yokomenuchi
16. Isen Kai Kiri Harai Zujyo (circle)
17. Migi Shitakara
18. Tsuki
19. Migi Yokomenuchi
20. Tsuki
21. Hidari Ashi Sagari Migishitakara Hidari Ue Harai Age
22. Mochi Kaete Tsuki

**[29] Dainijuku Taigi Uchi Ken (Kumitachi) - 82 seconds**

1. Kote Uchi
2. Migi Do Uchi
3. Hidari Do Uchi
4. Nodo Tsuki
5. Shomenuchi
6. Hidari Yokomenuchi - Migi Yokomenuchi

### **[30] Daisanju Taigi Shinken Kokoro No Ken**

1. Shomenuchi
2. Hidari Ashi Mae Uchi - Ushiro Uchi
3. Migi Ashi Mae Uchi - Ushiro Uchi
4. Hidari Yokomenuchi (continue to 5.)
5. Migi Yokomenuchi
6. Hidari Kesa Ashi Barai
7. Migi Kesa Ashi Barai