

Taigi

KI TEI TAIGI

Padrão

Ataque	Defesa	Forma	Ukemi
Shomen uchi	Kokyu nage		
Yokomen uchi	Shiho nage	Irimi	
Munetsuki	Koteoroshi	Katameru	
Katate dori	Ikkyo	Tenkan	
Kata dori	Nikyo	Irimi	
Ushirotekubidori	Sankyo	Katameru	

Taigi 1 - KATATE-DORI - 58 segundos



Ataque	Defesa	Forma	Ukemi
Katate-dori	Kokyu-nage	Onshi-no-gyoi	
Katate-dori	Kokyu-nage	Kirikaeshi	
Katate-dori	Kokyu-nage	Zenpo-nage (Zenshin)	Zenpo
Katate-dori	Kokyu-nage	Kaiten-nage (Tenkan)	Zenpo
Katate-dori	Shiho-nage	Tenkan	Zenpo
Katate-dori	Ikkyo	Tenkan	

Taigi 2 - KATATE-DORI-RYOTE-MOCHI - 58 segundos



Ataque	Defesa	Forma	Ukemi
Katate-dori-ryote-mochi	Kokyu-nage	(Irimi) Tobikomi	
Katate-dori-ryote-mochi	Kokyu-nage	En-undo	
Katate-dori-ryote-mochi	Kokyu-nage	Hachi-no-ji	
Katate-dori-ryote-mochi	Kokyu-nage	Zenpo-nage (Koshin)	Zenpo
Katate-dori-ryote-mochi	Nikyo	Kirikaeshi (Tenkan)	
Katate-dori-ryote-mochi	Kote-oroshi	En-undo	

Taigi 3 - YOKOMEN-UCHI - 43 segundos



Ataque	Defesa	Forma	Ukemi
Yokomen-uchi		Sudori	
Yokomen-uchi		Ojigi	Renzoku
Yokomen-uchi	Kokyu-nage	Irimi	
Yokomen-uchi	Shiho-nage	Irimi	
Yokomen-uchi	Kokyu-nage	Sudori-nage	Zenpo
Yokomen-uchi	Kokyu-nage	Hachi-no-ji	

Taigi 4 - RYOKATA-DORI - 56 segundos



Ataque	Defesa	Forma	Ukemi
Ryokata-dori	Kokyu-nage	Ojigi	Zenpo
Ryokata-dori	Kokyu-nage	Kirikaeshi Ojigi	Zenpo
Ryokata-dori	Kokyu-nage	Nido Ojigi	Zenpo
Ryokata-dori	Kokyu-nage	Sudori	Zenpo
Ryokata-dori	Nikyo	Tenkan	
Ryokata-dori	Kokyu-nage	Zenpo-nage Koshin	Zenpo

Taigi 5 – Para Crianças - 44 segundos

Ataque	Defesa	Forma	Ukemi
Shomen-uchi	Kokyu-nage	Irimi (Tobikomi)	
Yokomen-uchi	Shiho-nage	Irimi	
Mune-tsuki	Kote-oroshi	Tenkan	
Kata-dori	Ikkyo	Irimi	
Zagi	Kokyu-dosa		

Taigi 6 - USHIRO-WAZA - 58 segundos



Ataque	Defesa	Forma	Ukemi
Ushiro-dori	Kokyu-nage	Zenpo-nage (Zenshin)	Zenpo
Ushiro-tekubi-dori	Kokyu-nage	Uragaeshi	
Ushiro-tekubi-dori	Kokyu-nage	Zenpo-nage (Zenshin)	Zenpo
Ushiro-tekubi-dori	Kote-oroshi	Hantai Tenkan	
Ushiro-tekubi-dori	Ikkyo	Tenkan	
Ushiro-tekubi-dori	Sankyo-nage	Tekubi-dori (Kosa-dori)	Zenpo

Taigi 7 - MUNE-TSUKI, KERI - 54 segundos



Ataque	Defesa	Forma	Ukemi
Mune-tsuki	Kokyu-nage	Michibiki-kaeshi	
Mune-tsuki	Ikkyo	Hantai Tenkan	
Mune-tsuki	Kokyu-nage	Zenpo-nage (Koshin)	Zenpo
Mae-geri	Kokyu-nage	Irimi	
Mawashi-geri	Kokyu-nage	Ashi-tori	Zenpo
Mune-tsuki	Kote-oroshi	Nage-hanashi	Zenpo

Taigi 8 - RYOTE-DORI - 50 segundos



Ataque	Defesa	Forma	Ukemi
Ryote-dori	Kokyu-nage	Tenchi-nage Irimi	
Ryote-dori	Kokyu-nage	Tenchi-nage Tenkan	
Ryote-dori	Kokyu-nage	Hakucho-no-mizuumi	Zenpo
Ryote-dori	Kokyu-nage	Dojo-sukui	
Ryote-dori	Kokyu-nage	Zenpo-nage (Koshin)	Zenpo
Ryote-dori	Kokyu-nage	Kirikaeshi (Koshin)	Zenpo

Taigi 9 - SHOMEN-UCHI 56 segundos



Ataque	Defesa	Forma	Ukemi
Shomen-uchi	Ikkyo	Irimi	
Shomen-uchi	Ikkyo	Tenkan	
Shomen-uchi	Kokyu-nage	Tobikomi	
Shomen-uchi	Kote-oroshi	Tobikomi	Zenpo
Shomen-uchi	Kokyu-nage	Kirikaeshi (Koshin)	Zenpo
Shomen-uchi	Kokyu-nage	Zenpo-nage (Koshin)	Zenpo

Taigi 10 - KATA-DORI-SHOMEN-UCHI - 59 segundos



Ataque	Defesa	Forma	Ukemi
Kata-dori-shomen-uchi	Kokyu-nage	Irimi (Atemi)	
Kata-dori-shomen-uchi	Kokyu-nage	En-undo	
Kata-dori-shomen-uchi	Kokyu-nage	Hachi-no-ji	
Kata-dori-shomen-uchi	Nikyo	Tenkan	
Kata-dori-shomen-uchi	Sankyo	Uragaeshi	
Kata-dori-shomen-uchi	Kokyu-nage	Zenpo-nage (Zenshin)	Zenpo

Taigi 11 - KATATE-(KOSA)-DORI - 53 segundos



Ataque	Defesa	Forma	Ukemi
Katate-dori	Kokyu-nage	Irimi	
Katate-dori	Kokyu-nage	Irimi Tekubi-kosa (Tenkan)	
Katate-kosa-dori	Kokyu-nage	Michibiki En-undo	
Katate-kosa-dori	Kokyu-nage	Makikaeshi	
Katate-kosa-dori	Kokyu-nage	Makikaeshi-nage	
Katate-kosa-dori	Kokyu-nage	Kirikaeshi	Zenpo

Taigi 12 - KATATE-DORI-RYOTE-MOCHI - 55 segundos



Ataque	Defesa	Forma	Ukemi
Katate-dori-ryote-mochi	Kokyu-nage	Irimi	
Katate-dori-ryote-mochi	Kokyu-nage	Tenkan	
Katate-dori-ryote-mochi	Nikyo	Tenkan	
Katate-dori-ryote-mochi	Ikkyo	Kirikaeshi (Irimi)	
Katate-dori-ryote-mochi	Kokyu-nage	Zenpo-nage (Zenshin)	Zenpo
Katate-dori-ryote-mochi	Kokyu-nage	Ball-nage	Zenpo

Taigi 13 - YOKOMEN-UCHI - 54 segundos



Ataque	Defesa	Forma	Ukemi
Yokomen-uchi	Kokyu-nage	Irimi	
Yokomen-uchi	Kokyu-nage	Juji Irimi	
Yokomen-uchi	Kokyu-nage	Atemi	
Yokomen-uchi	Shiho-nage	Irimi Tobikomi	
Yokomen-uchi	Kote-oroshi	En-undo	Zenpo
Yokomen-uchi	Kokyu-nage	Kirikaeshi	Zenpo

Taigi 14 - KATA-DORI - 74 segundos



Ataque	Defesa	Forma	Ukemi
Kata-dori	Ikkyo	Tenkan	
Kata-dori	Nikyo	Irimi	
Kata-dori	Sankyo	Tenkan	
Kata-dori	Yonkyu	Irimi	
Kata-dori	Kokyu-nage	Ushiro-muki	
Kata-dori	Kokyu-nage	Ushiro-muki Kirikaeshi	Zenpo
		Yokomen-uchi	

Taigi 15 - Para estudantes de escola secundária - 85 segundos

Ataque	Defesa	Forma	Ukemi
Shomen-uchi	Ikkyo	Irimi	
Yokomen-uchi	Kokyu-nage	Hachi-no-ji	
Mune-tsuki	Kokyu-nage	Zenpo-nage (Koshin)	Zenpo
Kata-dori	Nikyo	Irimi	
Ushiro-dori	Kokyu-nage	Zenpo-nage (Zenshin)	Zenpo
Ushiro-tekubi-dori	Sankyo-nage	Tekubi-tori (Kosa-tori)	Zenpo

Taigi 16 - ZAGI - 57 segundos



Ataque	Defesa	Forma	Ukemi
Shomen-uchi	Ikkyo	Irimi	
Shomen-uchi	Ikkyo	Tenkan	
Kata-dori-shomen-uchi	Kokyu-nage	Irimi (Atemi)	
Shomen-uchi	Kokyu-nage	Irimi (Tobikomi)	
Mune-tsuki	Kote-oroshi	Katemeru	
Yokomen-uchi	Kokyu-nage	Kubi-Uchi	Zenpo

Taigi 17 - ZAGI-HANDACHI - 53 segundos



Ataque	Defesa	Forma	Ukemi
Katate-dori	Kokyu-nage	Zenpo-nage	Zenpo
Katate-dori	Kokyu-nage	Kirikaeshi	Zenpo
Shomen-uchi	Kokyu-nage	Irimi (Tobikomi)	
Ushiro-kata-dori	Kokyu-nage	Ojigi	
Mune-tsuki	Kote-oroshi	(Nage Hanshi)	Zenpo
Yokomen-uchi	Kokyu-nage	Kubi-uchi	Zenpo

Taigi 18 - USHIRO-WAZA - 64 segundos



Ataque	Defesa	Forma	Ukemi
Ushiro-hagai-jimi	Kokyu-nage	Ude-nuki	
Ushiro-kata-dori	Kokyu-nage	Hikoki-nage	
Ushiro-kata-dori	Kokyu-nage	Suikomi	
Ushiro-kata-dori	Kokyu-nage	Zenpo-nage	Zenpo
Ushiro-kata-dori-kubi-shime	Kokyu-nage	Uragaeshi	
Ushiro-kata-dori-kubi-shime	Kokyu-nage	Zenpo-nage	Zenpo

Taigi 19 - MUNE-TSUKI - 45 segundos



Ataque	Defesa	Forma	Ukemi
Mune-tsuki	Kokyu-nage	Uchiwa-nage Kubi-kiri	
Mune-tsuki	Kokyu-nage	Zenpo-nage Kubi-uchi	Zenpo
Mune-tsuki	Kokyu-nage	Uchiwa-nage Men-uchi	
Mune-tsuki	Kokyu-nage	Irimi Sudori	Zenpo
Mune-tsuki	Kokyu-nage	Shomen-uchi	
Mune-tsuki	Kokyu-nage	Hantai-tenkan	Zenpo

Taigi 20 - FUTARE-GAKE, SANNIN-GAKE, RANDORI - 80 segundos



Ataque	Defesa	Forma	Ukemi
Futare-gake	Kokyu-nage	Zenpo-nage – (uma vez)	Zenpo
Futare-gake	Kokyu-nage	Senaka-awase – (uma vez)	
Futare-gake	Kokyu-nage	Seiretsu	
Futare-gake	Shiho-nage		
Sannin-gake	Kokyu-nage	Seiretsu	
Sannin-gake	Randori		

Taigi 21 - TANTO-DORI - 120 segundos



Ataque	Defesa	Forma	Ukemi
Shomen-uchi	Kote-oroshi		Zenpo
Shomen-uchi	Kokyu-nage		
Sakate-mochi yokomen-uchi	Gokyo		
Sakate-mochi yokomen-uchi	Kokyu-nage		
Yokomen-uchi	Shiho-nage	Irimi Tobikomi	
Mune-tsuki	Kote-oroshi		Zenpo
Mune-tsuki	Ikkyo	Irimi	
Mune-tsuki	Kokyu-nage	Zenpo-nage	Zenpo
Mune-tsuki	Kokyu-nage	Hiji-uchi-men-uchi	
Mune-tsuki	Kokyu-nage	Kaiten-nage	Zenpo

Taigi 22 - TACHI-DORI 110 segundos



Ataque	Defesa	Forma	Ukemi
Shomen-uchi	Kokyu-nage	Irimi Sudori	Renzoku
Shomen-uchi	Kote-oroshi	(lado direito)	Zenpo
Shomen-uchi	Kokyu-nage	Irimi-tori (lado esquerdo)	Zenpo
Yokomen-uchi	Kokyu-nage	Irimi	
Yokomen-uchi	Shiho-nage	Irimi (lado esquerdo)	
Mune-tsuki	Kote-oroshi	(lado direito)	Zenpo
Mune-tsuki	Kokyu-nage	Zenpo-nage	Zenpo
Mune-tsuki	Kokyu-nage	Sudori	Zenpo
Do-uchi	Kokyu-nage		
Yoko-barai	Kokyu-nage		

Taigi 23 - JO-DORI 125 segundos



Ataque	Defesa	Forma	Ukemi
Shomen-uchi	Kokyu-nage	Irimi Sudori (lado direito)	Renzoku
Shomen-uchi	Kote-oroshi		Zenpo
Shomen-uchi	Kokyu-nage	Irimi-tori (lado esquerdo)	Zenpo
Yokomen-uchi	Shiho-nage	Irimi (lado esquerdo)	
Yokomen-uchi	Kokyu-nage	Zenpo-nage	Zenpo
Mune-tsuki	Kokyu-nage	Tsuki-kaeshi	Zenpo
Mune-tsuki	Kokyu-nage	Zenpo-nage	Zenpo
Mune-tsuki	Kokyu-nage	Kirikaeshi	Zenpo
Do-uchi	Kokyu-nage		
Yoko-barai	Kokyu-nage		

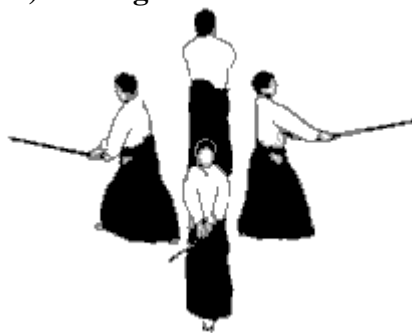
Taigi 24 - JO-NAGE 60 segundos



Ataque	Defesa	Forma	Ukemi
Jo-dori	Kokyu-nage		
Jo-dori	Kokyu-nage	Zenpo-nage	Zenpo
Jo-dori	Sakate-mochi	Zenpo-nage	Zenpo
Jo-dori	Shiho-nage	Irimi	
Jo-dori	Nikyo		
Jo-dori	Kote-gaeshi		Zenpo
Jo-dori	Kokyu-nage	Kirikaeshi	Zenpo
Jo-dori	Kokyu-nage	Ashi-sukui	

Taigi 25 - KENGI 1 (DAI ICHI) - Happo-giri (duas vezes) - 37 segundos

- 1 - Shomenuchi
- 2 - Sonomama tsuki hasaki o migi ni mukeru
- 3 - Ushiro o muite menuchi
- 4 - Sonomama tsuki hasaki o hidari ni mukeru
- 5 - Hidari yoko ni muite menuchi
- 6 - Sonomama tsuki hasaki o migi ni mukeru
- 7 - Ushiro o muite menuchi
- 8 - Sonomama tsuki nasaki o hidari ni mukeru
- 9 - Nanameyoko ni muite menuchi
- 10 - Ushiro o muite menuchi
- 11 - Hidari yoko ni muite menuchi
- 12 - Ushiro o muite menuchi
- 13 - Osame



Taigi 26 - KENGI 2 (DAI NI) - 30 segundos

1 a 13 (uma vez)

- 1 - Ichi no tachi
- 2 - Ichi no tachi
- 3 - Hidarikesagakerenzoku uchi
- 4 - Migikesagakerenzoku uchi
- 5 - Ushiro uchi
- 6 - Tsuki
- 7 - Ushiro uchi
- 8 - Tsuki
- 9 - Hidarikesagaketobikomi
- 10 - Migikesagaketobikomi
- 11 - Tsuki
- 12 - Hidarikesagake
- 13 - Osame



Taigi 27 - JOGI 1 (DAI ICHI) - 38 segundos

1 ao 22 (uma vez)

- 1 - Tsuki zudo
- 2 - Tsuki zudo
- 3 - Hidari yokomenuchi
- 4 - Gyakuyokomenuchi
- 5 - Kaho tsuki ushiromuki
- 6 - Ushiro ni muite tsuki zujo
- 7 - Hidari yokomenuchi
- 8 - Gyakuyokomenuchi
- 9 - Kahouchi ushiromuki
- 10 - Tsuki
- 11 - Migiyokomenuchi
- 12 - Tsuki zudo
- 13 - Kohotsuki
- 14 - Haraiage
- 15 - Sonomama tsuki
- 16 - Tsuko zudo
- 17 - Kohotsuki hiza o tsukinagara
- 18 - Ashibarai
- 19 - Sonomama tsuki
- 20 - Tsuki
- 21 - Hidariashisagari migi shitakara hidari e haraiage
- 22 - Mochikaete tsuki



Taigi 28 - JOGI 2 (DAI NI) - 40 segundos

1 ao 22 (uma vez)

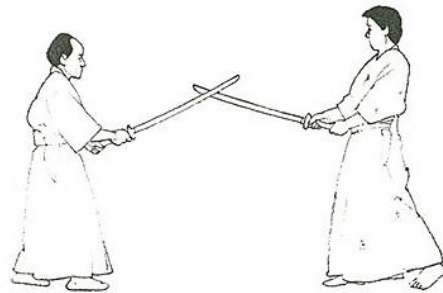
- 1 - Tsuki zudo
- 2 - Tsuki zudo
- 3 - Hidari yokomenuchi
- 4 - Mawashite migiuchioroshi
- 5 - Migi yokomenuchi
- 6 - Tsuki zudo ushiromuki
- 7 - Hidari yokomenuchi
- 8 - Mawashite migiuchioroshi
- 9 - Migi yokomenuchi
- 10 - Tsuki zudo ushiromuki
- 11 - Hidari yokomenuchi
- 12 - Hidari koho tsuki
- 13 - Migi koho tsuki ushiromuki
- 14 - Tsuki ushiromuki
- 15 - Fumikonde hidari yokomenuchi
- 16 - Issenkai kiribarai zudo
- 17 - Migishitakara hidari e sukuiage
- 18 - Sonomama tsuki
- 19 - Migi yokomenuchi
- 20 - Tsuki
- 21 - Hidariashisagari migishitakara hidari e haraiage
- 22 - Mochikaete tsuki



Taigi 29 - TACHI-UCHI - 72 segundos

1 ao 6 (uma vez)

- 1 - Koteuchi
- 2 - Migidouchi
- 3 - Hidaridouchi
- 4 - Nodotsuki
- 5 - Shomenuchi
- 6 - Hidari yokomenuchi
- 7 - Migi yokomenuchi



Taigi 30 - SHINKEN (Incluindo Kiai) – KOKORO NO KEN - 58 segundos

1 ao 6 (uma vez)

- 1 - Shomenuchi
- 2 - Hidari ashi me uchi ushiro uchi
- 3 - Migi ashi mae uchi ushiro uchi
- 4 - Hidari yokomen uchi migi uchi renzoku
- 5 - Hidari kesa ashi barai
- 6 - Migi kesa ashi barai



