

KATA TRAINING

- (1) A Kata, which is generally translated as 'Form', is a predetermined series of fighting techniques (Blocking, Punching, Striking, & Kicking) against imaginary opponents.
- (2) The essence of Karate is in the Kata. The Kata has been the traditional method used by the masters to hand down their techniques over the ages.
- (3) The Kata allows the student to fully express the four basic tenants of Karate: **speed, strength, beauty, and technique.**
- (4) Without Kata karate would be just fighting. Physically the Kata develops speed, balance, posture, techniques, and coordination. Mentally, the Kata develops your concentration, attention to detail, awareness, and confidence. Spiritually, the Kata develops your internal energy and your fighting spirit.
- (5) When training your Kata concentrate on these six areas: **Eyes, Pace, Technique, Breathing, Kiai, and Kime** (focus).
- (6) Only a Sensei/Sempai or a designated black belt can show a kyu belt a new Kata.
- (7) A good way to train your Kata is to do it four times slowly, with great attention to detail, and then a fifth time at the proper pace with Kiai and full power.
- (8) Most Katas begin and end with a block. This symbolizes the defensive nature of Karate training.
- (9) The Kiai points in a Kata usually fall on a finishing technique.
- (10) The Kata is not a dance. You must try to visualize your opponents.
- (11) All self-defense techniques and applications are in the Kata. When you train your Katas for a long time they will reveal themselves to you.
- (12) Katas begin and end at the same point. This point is called an Embusen.

