



The Principles of Kata

- #1 Kata must be alive and done with purpose
- #2 Kata must be done with spirit
- # 3 Kata should be done with changes in power- sometimes hard, sometimes soft
- #4 Kata should be done with variations in timing – sometimes fast, sometimes slow
- #5 Kata must be done with proper breathing
- #6 Kata must be done with proper balance