

13 FUNDAMENTAL POINTS OF KATA

When practicing kata, there are many things to remember in addition to remembering and executing the proper techniques in the correct order. The following thirteen points should be kept in mind.

Yooi no kishin - Readiness, concentration, will, and determination against your imaginary opponent before starting kata.

In'yo - Active and passive – knowing whether you are attacking or defending.

Chikara no kyojaku - Correct application in using power, the amount of power used for each movement and position.

Waza no kankyu - Speed used in each movement and position.

Tai no shinshoku - the amount of contraction and expansion.

Kokyu - Breathing, right exhalation and inhalation.

Chakugan – Place of focus – where you are looking, considering the aim of your technique and position of your imaginary opponent.

Kiai – 気合 Shout, in one or more certain points. This is the point where technique, stance, and power come together. 気 Ki means spirit. 合 Ai means join or unite.

Hyoshi - Rhythm. Proper emphasis and flow of the movements and combinations.

Kime – 気目 Focus, referring to the concentration of power in a particular technique. 気 Ki means spirit. 目 Me means look or viewpoint.

Antei - Balance. Stability, adjusting, figure and using the proper and correct stance in each movement.

Keitai no hoji - Using each technique in its proper place.

Zanshin – 残心 Being fully aware, being in guard position at the end of a technique. Maintaining a constant state of awareness. 残 Zan means stay or remain. 心 Shin means mind.

Tachi waza

Neko ashi dachi
Zenkutsu dachi
Hanzenkutsu dachi
Shiko dachi

Uchi waza

Oi zuki

Uke waza

Uchiotoshi
Gedan barai
Age uke
Shuto gedan barai

1. Pivot left to neko ashi dachi with uchiotoshi.
2. Step to hanzenkutsu dachi with chudan oi zuki.
3. Step behind you, turn the other way into zenkutsu dachi with gedan barai.
4. Immediately pull the right foot back into hanzenkutsu dachi with uchiotoshi.
5. Step to hanzenkutsu dachi with chudan oi zuki.
6. Left foot steps left to zenkutsu dachi with gedan barai.
7. Step to zenkutsu dachi with age uke.
8. Step to zenkutsu dachi with age uke.
9. Step to zenkutsu dachi with age uke.
10. Big turn to zenkutsu dachi with gedan barai.
11. Step to hanzenkutsu dachi with chudan oi zuki.
12. Step behind you, turn the other way into zenkutsu dachi with gedan barai.
13. Step to hanzenkutsu dachi with chudan oi zuki.
14. Left foot steps left to zenkutsu dachi with gedan barai.
15. Step to hanzenkutsu dachi with chudan oi zuki.
16. Step to hanzenkutsu dachi with chudan oi zuki.
17. Step to hanzenkutsu dachi with chudan oi zuki. **KIAI!**
18. Big turn to shiko dachi with shuto gedan barai.
19. Step to shiko dachi with shuto gedan barai.
20. Right foot steps right to shiko dachi with shuto gedan barai.
21. Step to shiko dachi with shuto gedan barai.
22. Pull back - yame.

Minimum two months since last test

Properly execute standing and walking basics

Standing Basics

(From *hachiji dachi*)

Choko zuki, age uke, uchi uke, yoko uke, gedan barai, mae geri, yoko geri, ushiro geri, mawashi geri

Walking Basics

→ *jodan mawashi uraken, gyaku zuki (zenkutsu dachi)*

← *gedan barai, gyaku zuki (zenkutsu dachi)*

→ *chudan mae geri, gyaku zuki (zenkutsu dachi)*

← *age uke, gyaku zuki (zenkutsu dachi)*

→ *chudan mawashi geri, gyaku zuki (zenkutsu dachi)*

← *uchi uke, gyaku zuki (zenkutsu dachi)*

→ *chudan yoko geri, gyaku zuki (zenkutsu dachi)*

← *yoko uke, gyaku zuki (zenkutsu dachi)*

→ *yoko uke (neko ashi dachi)*

← *shuto uke (neko ashi dachi)*

→ *yoko barai (shiko dachi)* (spinning, feet on same line)

← *gedan barai (shiko dachi)* (feet on same line)

Properly perform *Tachi Kata Dai Ichi*

Properly perform *Tachi Kata Dai Ni*

Step forward to *neko ashi dachi* with *yoko uke*

Step back with the back foot to *shiko dachi* with *gedan barai*

Shift to *zenkutsu dachi* with *chudan gyaku zuki*

Properly execute *Pinan Nidan* with two *bunkai*.

Submit a paper discussing a brief history of *Karate-do*.

JAPAN KARATE-DO ORGANIZATION

Promotion Application

All fields are required

Name:	Age:	Start date (top right corner of card):
Present rank: Orange belt – black stripe	Date of last promotion:	Classes from last test to next (16 min):
Rank testing for / testing fee: Blue belt \$35	Date of upcoming test:	Belt Size:
Certificate included	Name of bunkai partner:	

On the above date, I would like to take the promotion test, fulfilling all the requirements, according to the Japan Karate-Do Organization, Hokushin Shito-Ryu. As I understand, if my performance and dedication are not sufficient on the day of the test, I will attempt to improve my level of achievement in the future. I have attached my testing fees and I understand that they are not refundable.

Date: _____ Student: _____

Instructor's Approval: _____ Parent's Approval: _____

Attach a paper briefly discussing the history of *Karate-do*.