WHAT IS A KATA?

… a prescribed sequence of steps, strikes, and blocks combined in such a manner as to allow to practice them with a view to achieving all of balance, speed, power, precision, and grace execution.

… a series of forms put together to demonstrate technique and strategy while defending against multiple imaginary opponents.

Kata is the foundation of the art of Karate, in the same sense that a good background in mathematics is essential training for the mathematician. To a layman, kata would appear to be more than a series of beautiful and graceful movements involving blocking, pouching, and in essence, kata is the medium through which the student communicates his attitude, weaknesses and his strong points thereby enabling his instructor to guide his development carefully and meaningfully.

Kata is very demanding. It demands the ultimate in balance, power, speed, concentration, breathing, confidence, and humility. These are some of the important inputs of the character building which should be part of every human beings early training. In Shorin-Ryu Karate emphasis is placed on kata. However, it should not be understood that the concept and of self-defense is ignored or de-emphasized. It is our experience and the experience generations of Okinawan Karate masters that true self-defense is possible only after training in the above mentioned demands of kata.