



A double block from *Rohai*,
One of the WUKO katas

Kata Performance Tips

1. Be confident from the start that you will perform well.
2. Turn your gaze to the next invisible attacker with a head-snap before you turn or step.
3. Inhale through the nose just before executing a technique.
4. Exhale through the mouth at the focal point of completion of a technique.
5. Visualize attackers; bear a serious, focused expression of controlled fierceness.
6. Make your kiai as loud and sharp as possible, projecting the power of the kiai from the abdomen.
7. Maintain balance and smoothness in transitions.
8. Make perfection your goal.
9. Give yourself up to the kata; *become* the kata.
10. Let the kata develop your fighting spirit; let your fighting spirit flow.
11. Involve the power of the entire body at the moment of focus.
12. Relax the body between techniques.
13. Practice kata on a variety of surfaces, with shoes and without, indoors and outdoors, to develop versatility and well-rounded ability.

14. Perform one identifiable technique at a time, with defined and vigorous execution and a precise conclusion.
 15. The above recommendation (#13) notwithstanding, perform the kata gracefully and smoothly.
 16. Breathe quietly and inaudibly, except in specific breathing-oriented kata such as sanchin.
 17. Move your feet with a silent, gliding motion, maintaining the head at a constant level (except where otherwise called for).
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from Essays on the Martial Arts

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