

## **Points to Remember About Okinawan Kata**

**By: Robert A. Trias**

1. Look before you turn or step.
2. Inhale through the nose just before execution of technique.
3. Exhale through the mouth on focus or completion of technique.
4. Make the kata real, visualize your attackers, feel their blocks, feel your own attacks penetrate, make kata a matter of life and death.. 100% concentration must be achieved.
5. Use the loudest/sharpest Kiai at the appropriate place.
6. Strive to attain balance and smooth change from stance to stance and one technique to the next.
7. Strive for perfection.
8. Kata develops your Budo spirit (fighting spirit), let the spirit flow and be rhythmic and insurmountable.
9. The entire body must into play when focus is practiced Relax (while keeping stable body posture) between techniques.
10. Practice on varying surfaces (slippery, soft, uneven, and sloping) to achieve well –rounded ability.
11. All Okinawan kata must be performed with one (1) identifiable movement at a time. Breathing is controlled naturally with the transition between each movement strong and visually powerful with a fluid uninterrupted flow.
12. There shall be no audible (hard kiai) breeze or hissing exhalation on any of the movements in the Okinawan forms with the exception of those kata designated by various Okinawan styles as breath forms. Examples: San chin and Ten sho, etc.
13. Basic Okinawan walking methods are visibly different on whether the particular Okinawan style was promulgated out of the influences of either Shuri or Naha te (Shorei)
14. Traditional Okinawan styles must wear the traditional all white gi when competing or demonstrating in any and /or all karate functions and especially when in view of Okinawan masters while performing Okinawan forms.

*Note: this tradition is not entirely followed by the LA yudansha and their students. When competing LA Shorei students usually wear their black gi with the exception of brown belts who may wear either a black or white gi. The wearing of a full white gi maybe done so only by Yudansha when in the dojo. One must wear a full white gi when testing for the rank of Shodan. - J.Soltis*

This information was taken in part from The Pinnacle of Karate, by Grand Master Robert Trias