

# The Kata

**Kata is a Japanese word meaning form. Katas are a series of individual micro movements. I use the word micro because when you start to practice and understand the movements of a kata you are able to break down each movement into multiple options for that one move. Inside the kata is a structural integrity which is applicable, the movements make sense. Katas are a collection of highly effective fighting techniques.**

**Practicing katas help you to work on your body mechanics and fighting techniques. Katas are great tools to help for balance, being able to know where your centre of gravity is and footwork. Katas help to build muscle memory, and if practiced regularly those movements become second nature, making them automated moves, meaning you can respond to a technique with minimal conscious thoughts. More like a reflex. Katas help to develop your mind to be more meditative. Katas help to keep you in the present moment and to have the ability to be more focused on right here, right now. Most importantly katas help develop breathing techniques. Without proper breathing techniques you will not have any power, and your form will be weak.**

**Kiai is a Japanese term combining the prefix and suffix of the word; ki meaning energy and ai harmonize. While performing a kata a kiai is a short shout for an attack move. Traditionally it was used to intimidate their opponent.**