



一	一	一	一	一	一	一
バ	気	技	力	意	生	形
ラ	息	の	の	念	ま	の
ニ	上	援	強	心	た	六
ス	の	急	弱	念	形	原
	呑					則
	吐					
BALANCE	KI SOKO NO DON TO	WAZA NO KAN KYU	CHIKARA NO KYO JAKU	I NEN	I KI TA KATA	KATA NO ROKU GEN SOKU

Six Principles of Kata

1. Kata must be alive, done with feeling and purpose.
2. Kata must be performed with "Spirit".
3. Changes in application of power, techniques can be strong or yeilding, hard then soft.
4. Variation in the timing of movement, sometimes fast, sometimes slow.
5. Proper rhythm of breathing, when to breath in and when to breath out.
6. Maintaining proper balance.