

AKKO Katas

The word *kata* means "shape" or "form". The *kanji* for kata (the Japanese character above at the right) is composed of the following characters:

形 ***Katachi*** meaning "Shape",
刈 ***Kai*** meaning "Cut", and
土 ***Tsuchi*** meaning "Earth" or "Soil".

Literally translated, *kata* means "shape" or "form". A kata is a sequence of blocks, kicks and punches from one or more stances, involving movement forward, backward and to the sides. The number of movements and their sequence are very specific. The balance between offensive and defensive techniques, the stances used and the direction and flow of movement all serve to give each kata its distinctive character.

Through the practice of kata, the traditional techniques used for fighting are learned. Balance, coordination, breathing and concentration are also developed. Done properly, kata are an excellent physical exercise and a very effective form of total mind and body conditioning. Kata embodies the idea of *ren ma*, or "always polishing" – with diligent practice, the moves of the kata become further refined and perfected. The attention to detail that is necessary to perfect a kata cultivates self discipline.

Through concentration, dedication and practice, a higher level of learning may be achieved, where the kata is so ingrained in the subconscious mind that no conscious attention is needed. This is what the Zen masters call *mushin*, or "no mind." The conscious, rational thought practice is not used at all – what was once memorized is now spontaneous.

Mas Oyama said that one should "think of karate as a language – the *kihon* (basics) can be thought of as the letters of the alphabet, the *kata* (forms) will be the equivalent of words and sentences, and the *kumite* (fighting) will be analogous to conversations." He believed that it was better to master just one kata than to only half-learn many.

Mas Oyama also emphasized the three fundamental principles of kata:

技の緩急

Waza no Kankyu. The Tempo (slow/fast) of the Techniques. The tempo of the kata varies – some techniques are performed quickly, while others are done more slowly.

力の強弱	Chikara no Kyojaku. The Force (strong/weak) of the Power. The power of a technique derives from the proper balance between strength and relaxation.
息の調整	Iki no Chosei. The Control (regulation) of Breathing.

The practice of traditional kata is also a way for the *karateka* to pay respect to the origins and history of Kyokushin Karate and the martial arts in general.

The Northern Kata :

The Northern katas are similar to those found in Shotokan Karate, since they were developed from Mas Oyama's training under Gichin Funakoshi. Master Funakoshi in turn derived these kata from Chinese Kempo and Shorin Ryu, the Okinawan karate style based on Chinese Shaolin (i.e. "Shorin") Kempo.

These kata utilize long, powerful stances and strong blocks and strikes.

- *Taikyokyu Ichi, Ni and San*
- *Pinan Ichi, Ni, San, Yon and Go*
- *Yantsu*
- *Tsuki no Kata*
- *Kanku Dai*
- *Sushiho*

The Southern Kata :

The southern katas were developed from Mas Oyama's study of the Okinawan karate style of Goju Ryu under So Nei Chu. The movements in these kata are more circular and flamboyant than those in the Northern Kata.

- *Sanchin no Kata*
- *Gekusai Dai and Sho*
- *Tensho*
- *Saifa*
- *Seienchin*
- *Garyu*
- *Seipai*

Meaning of Kata

The word kata literally means "shape" or "form". A kata is a sequence of blocks, kicks and punches from one or more stances, involving movement forward, backward and to the sides. The number of movements and their sequence are very specific. The balance between offensive and defensive techniques, the stances used and the direction and flow of movement all serve to give each kata its distinctive character. Through the practice of kata, the traditional techniques used for fighting are learned.

Balance, coordination, breathing and concentration are also developed. Done properly, kata are an excellent physical exercise and a very effective form of total mind and body conditioning. Kata embodies the idea of ren ma, or "always polishing" – with diligent practice, the moves of the kata become further refined and perfected. The attention to detail that is necessary to perfect a kata cultivates self-discipline.

Through concentration, dedication and practice, a higher level of learning may be achieved, where the kata is so ingrained in the subconscious mind that no conscious attention is needed. This is what the Zen masters call mushin, or "no mind." The conscious, rational thought practice is not used at all – what was once memorized is now spontaneous. The practice of traditional kata is also a way for the Karateka to pay respect to the origins and history of Kyokushin Karate and the martial arts in general. Kyokushin kata are often categorized as "Northern Kata" or "Southern Kata" based upon their origin and development.

Mas Oyama also emphasized the three fundamental principles of kata:

1. **Waza no Kankyu.**

The Tempo (fast - slow) of the Techniques. The tempo of the kata varies – some techniques are performed quickly, while others are done more slowly.

2. **Chikara no Kyojaku.**

The Force (strong - weak) of the Power. The power of a technique derives from the proper balance between strength and relaxation.

3. **Iki no Chosei.**

The Control (regulation) of Breathing.

Criteria of Performing Kata

1. **Kime** - Showing maximum application of power to a specified target
2. **Kihon** - Basic techniques that are the foundation of the kata
3. **Bunkai** - Show proper understanding of the kata techniques
4. **Zanshin** - Continued concentration, even after everything is finished
5. **Messen** - Eye Focus -Look in the direction of the technique
6. **Ibuki** - Breath control

AKKO Katas

1) Taikyoku 1,2,3,4,5

Taikyoku is literally translated as "grand ultimate", and in Chinese, the *kanji* characters are pronounced *Tai Chi*. The word *Taikyoku* can also mean overview or the whole point – seeing the whole rather than focusing on the individual parts, and keeping an open mind or beginner's mind. The beginner's mind is what is strived for during training and in life. The beginner's mind does not hold prejudice and does not cling to a narrow view. The beginner's mind is open to endless possibilities. That's why a practitioner should never think that as soon as it ascends in the latter or more complex katas the first and most basic ones lose importance, therefore, keep an open mind.

2) Sukugi 1,2,3

These forms are all kicking katas throwing combinations of kicks in the same pattern as Taikyoku kata

3) Pinan 1,2,3,4,5

means peace and harmony, literally translated as "great peace" or "peaceful mind." Though the moves of kata involve techniques used for fighting, the purpose of kata is to develop a calm, peaceful mind and harmony between the mind and body.

4) Sanchin

means "three battles" or "three conflicts," in reference to the fact that it seeks to develop three elements at a time: – The mind, body and the techniques, – The internal organs, circulation and the nervous system, and – The three ki, located in: – the top of the head (tentō), – the diaphragm (hara), and – the lower abdomen (tan den). Sanchin is an isometric kata where each move is performed in a state of complete tension, accompanied by powerful, deep breathing (Ibuki) that originates in the lower abdomen (tan den). The practice of Sanchin not only leads to the strengthening of the body, but to the development of the inner power (ki) and the coordination of mind and body.

5) Tensho

means rolling or fluid hand, literally translated as "rotating palms". Tensho is the soft and circular (yin) counterpart to the hard and linear (yang) Sanchin kata. Not only was Tensho one of Mas Oyama's favorite kata, he considered it to be the most indispensable of the advanced kata:

6) Yantsu

means to keep pure, striving to maintain the purity of principles and ideals rather than compromising for expediency.

7) Gekusai Dai And Sho

are derived from the words Sai, meaning fortress or stronghold, and geki, meaning breakdown. Gekusai can also mean "empty air." The kata teach strength through fluidity of motion, mobility and the utilization of various techniques. Flexibility of attack and response will always be superior to rigid and inflexible strength.

8) Tsuki No Kata

means fortune and luck. Good fortune and luck does not come by waiting. For every punch (Tsuki) in this kata, envision that a personal barrier is being broken down. Strong, persistent effort directed at problems will bring good fortune.

9) Saifa

means big wave, . Saifa can also be translated as "smashing." No matter how large a problem is encountered, with patience, determination and perseverance (Osu) one can rise above and overcome it, or smash through and get beyond it.

10) Seienchin

Samurai warriors would go on expeditions lasting months or longer. They need to maintain their strength and spirit over long periods of time. This kata is long and slow, with many movements performed from the Kiba-dachi stance. Often the legs became painfully tired and the importance of maintaining a strong Spirit becomes clearly evident.

11) Nohi

This Kats is originally from Korea. It is a Breking Kata, While you are doing the Kata you need to break a board of a brick in the middle of the kata.

12) Kanku

means sky gazing, and the kata is also known as the "rising sun." Literally translated, Kan means good observance, and Ku means universe, air or emptiness. The first move of the kata is the formation of an opening with the hands above the head, through which one gazes at the universe and rising sun. The significance is that no matter what problems are faced, each day is new and the universe is waiting. Nothing is so terrible that it affects the basic reality of existence.

13) Garyu

means reclining dragon. Japanese philosophy says that a great man who remains in obscurity is called a Garyu. A dragon is all-powerful, but a reclining dragon chooses not to show his power for mere vanity, but unless it is really necessary. In the same way, a true karateka does not brag about or show off his abilities; he/she never forgets the true virtue of humility

14) **Seipai**

is the Okinawan pronunciation of the kanji characters for 18 (pronounced Ju Hachi in Japanese). In other karate styles, this kata is sometimes called Seipaite, or eighteen hands. The number 18 is derived from the Buddhist concept of 6 x 3, where six represents color, voice, taste, smell, touch and justice and three represents good, bad and peace.

15) **Sushiho**

means 54 steps. Sushiho is derived from the words Useshi, the Okinawan pronunciation of the kanji characters for 54 (pronounced Go Ju Shi in Japanese), and Ho, meaning walk or step. Other karate styles call this advanced kata Gojushiho.

16) **Family Lau**

This Kata is from Hungar Kung-fu. It represents the Martial arts Family sir name Lao. The reason we do Kungfu kata is: Don Buck wanted us to be fluid as well as powerful. This just adds another dimension to our art.