

Kishin no yoi

Before executing the movements of the kat, one must establish the correct spiritual and mental state for meeting an opponent in combat.

Embusen

Follow the prescribed pattern of movement. In a given kata where the ideal start and end location is the same, proper and consistent stances are critical. The angles are important in tactical applications.

In-Yo

Opposite forces in nature are to be harmonized while emphasizing their attributes in appropriate circumstances.

Kokyu

Appropriate breathing method for a given technique or sequence of techniques. (kokyu: breath, respiration; ko: out: kyu: in)

Tai no shinshuku

The expansion and contraction of the body. Correct moving from one position to another requires alternating bodily contractions and expansions. (tai: body; no - of; shin: expansion; shuku: contraction)

Waza no kankyu

Variable speed of each movement and technique. Emphasize the contrast of fast and slow movements. (waza: technique; no: of; Kan: slow; kyu: fast)

Chikara no kyojaku

Variable use of power in movements and stances. The proper use of techniques sometimes require strength, while other techniques require softness. (chikara: power; no: of; kyo: strong; jaku: weak)

Keitai no hoji

The beauty of form and posture with precise body geometry in static positions and in motion.

Kiai

The emphasis in key points of the kata. The type of sound used for the kiai is dictated by the type of technique (most notably – Ei, Ya, To).

Chakugan

The focus of attention. (chaku: notice, observe; gan: fix ones eyes upon)

Jushin no antei

Maintaining the stability of center of gravity in movement and stance. (ju: center of gravity; shin: body; antei: stability)

Zanshin

Demonstrated vigilance in execution of techniques – and is especially important after the completion of Kata. (zan: remain in ; shin: mind)

Kata no Tokucho

The specific principles within a particular kata of a particular system that makes that kata unique and gives it meaning.

Kensei

The use of the eyes as a weapon.

Kihaku

Techniques must be executed with the proper flow and focus of energy.

