



Shotokan Advanced Kata: v. 2

Keinosuke Enoeda

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Shotokan training is usually divided into three parts: kihon (basics), kata (forms or patterns of moves), and kumite (sparring). Techniques in kihon and kata are characterized by deep, long stances that provide stability, enable powerful movements, and strengthen the legs. Shotokan is regarded as a dynamic martial art as it develops anaerobic, powerful techniques as well as developing speed. Initially strength and power are demonstrated instead of slower, more flowing motions. Those who progress to brown and black belt level develop a much more fluid style that incorporates grappling and some aikido-like techniques, which can be found in the black belt kata. Kumite (fighting) techniques are practised in the kihon and kata and developed from basic to advanced levels with an opponent, "The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of the participant."

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