



Traditional Karate North Central Region

Kata Seminar – March 16, 2019



- **When: Saturday March 16th ; Open to all ages/ranks**
- **Time: Noon to 2PM**
- **Cost \$20 / Family maximum \$30**
- **Instructors: Sensei Michael Fusaro and Al Kotula; Sensei Art Wong; Sensei Laurie Elliott and others**

Key Points covered: Body Dynamics Power Form Transition

Kata Covered: Seminar may use a common kata to make a point but instructors will take time to watch and recommend improvements to your personal kata. An advantage of kata is that techniques can be practiced full force without the risk of injuring partners, develops fighting spirit and rhythm. Kata simulates an actual fighting situation and allows the karateka to feel and experience the coordinated movements at full speed and full power to demonstrate your understanding. Can you demonstrate pressure to the floor during high speed and slow movements? Can you demonstrate power without being tight? Does your form demonstrate correct position? Does your kata flow smoothly from point a to b without losing connection?

Kata is a core element of karate training. Whether you are preparing for a kyu test, a tournament, or just trying to improve your skill level, this NCR seminar can help you step to the next level!