

Why are Kata practiced?

1. Practicing Kata is to develop proper techniques through repetition to create muscle memory.
2. Practicing Kata is to develop cognitive memory to become instinctive, i.e. - “No Thought or Mushin.”
3. Practicing Kata is to develop basic movements to gain accuracy, speed, timing, power, and control and focus to refine your techniques, which are honed for breaking boards and sparring.
4. Practicing Kata is to develop a series of combinations to start thinking outside the box, which helps to develop defensive and sparring skills.
5. Practicing Kata is to develop strength training through isometric exercise to tone the muscles to become ambidextrous. In other words, train all your limbs to be equal in technique and strength to fall back on another limb should you get hurt on one side.
6. Practicing Kata is to teach how moves work in conjunction with defensive principles to help you build a strong defensive sphere. In other words, by combining moves at rapid speeds can develop your skills to make an attacker think you have a thousand hands and feet.
7. Practicing Kata is to help the practitioner recall what set of moves apply to a certain belt rank.
8. When Kata are performed at proper snap and power in a rhythmic count gives the practitioner benefits of a cardiovascular workout; therefore, the Japanese were right when creating Kata and drilling Kata to become powerful. It's no wonder why Japanese Karate Masters are known to break a 4"X4" post in half (Cross Grain) with a bare fist- No Kidding!

Why do Students fail to practice Kata?

1. Students fail to see the benefit to practice Kata. In other words, students do not understand that they are programming their neuro-synaptic connections within their muscle tissue to develop quick response and timing.
2. Students have the tendency to become bored with their Kata.
3. Younger students try to rush the learning process to get a black belt in the least amount of time.
4. Younger students think that they only have to practice in class since they know the Kata. The truth is that the student needs to practice Kata ten minutes a day regardless whether they attend class or not.
5. Students fail to see that martial arts are for personal development of body, mind and spirit (AKA- the trinity).
6. Student who fail to practice Kata usually do not prioritize their schedules to make time for practice, therefore they forget or inadvertently modify the Kata.
7. Younger high rank students tend to practice only on their current Kata only neglecting the lower ranking Kata.

8. Parents usually enroll younger students as a babysitting service or as a substitute parent to instill discipline for them, as the child may not have structure at home.

9. Young students are used to the parent (adult) doing their work for them. When a parent does their child's work for them, it causes not only lack of problem solving skills, but teaches a child that in life, others will cover for their mistakes. In addition to this statement, a child's mental development is impaired while undermining the child to learn responsibility and maturity.

10. Students fail to see their potential to master a task, as it seems too hard to achieve; therefore they want to quit. By allowing students to quit when challenges occur is taking the easy road out. Students who do not quit become future leaders and teachers, which shape our world. Remember that a quitter never wins as a winner never quits.

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