



Snapkick

Dojo student newsletter



West Valley Martial Arts

"Strength does not come from physical capacity. It comes from an indomitable will." - Mahatma Gandhi

September, 2015

The Significance of Kata

Written By Sensei Shaun Anderson

Traditional way of learning. Hidden techniques. Moving meditation.

Kata.

For hundreds of years, kata has been a way for the initiated martial artist to train, practice, and perfect their art. In this essay, I will examine the many purposes of kata and the importance of its continued study.

Maintaining tradition

From teacher to student, the kata and the knowledge held within has been passed from one generation to the next. One person has committed to giving instruction, the other, to receiving, through the vehicle of kata. A special relationship is formed to maintain tradition and to maintain the perfection of an art form. Without either commitment, the other would not succeed. Kata is a traditional, organized way to communicate physical techniques. A story told with the body with the backdrop of another time and place.

Bunkai - hidden techniques

A master practicing his craft, in the moonlight, a series of rapid, purposeful movements, disguising treasured, guarded secrets. A riddle to be solved by the initiate, confusion to the uninitiated. Bunkai, the analysis or disassembly of kata. The extraction of technique. A living code.

Kata contains the story of movements, bunkai is the application and study of these movements. Without kata, this information and the application would be lost to history. By learning and considering kata, the student gets the valued information of the martial art.

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Mat Chats

Stranger Alert/ No-Go-Yell-Tell

Week 1. What is a stranger?

Week 2. What is a lure?

- a. Bribery lure
- b. Job lure

Week 3. What is a lure? (continued)

- a. Assistance lure
- b. Directions lure

Week 4. What is a lure? (continued)

- a. Internet lure
- b. Kids are strangers too

Kata Competition!!!

Saturday, October 3rd
at 10:00 a.m.

Location:

Rod Sanford's Traditional Martial Arts
4626 Soquel Drive, Soquel. CA 95073
831-475-9676

Empty Hand Kata, Team Kata and Weapons Divisions

Ages 6 and up

Fee is \$15.00 for 1 division
\$10.00 for 2nd division, \$5 for 3rd division

Competitors will be judged on all aspects of their kata.

So, select your favorite kata and practice, practice, practice!

(Pay the day of the competition at Sanford's Martial Arts)

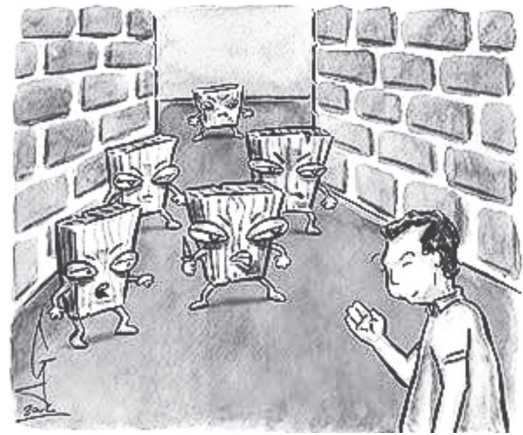
SIGN UP ON THE FRONT TABLE

Moving meditation

At the least, kata is the study of one's self. If a student is determined, interested in clarifying technique, or demonstrating self-discipline, kata is great way to study the martial art solo. Through kata, a student becomes aware and educated in his or her own body dynamics and balance. If the student can be in the moment of the movement, breathing and executing studied techniques... this is meditation in movement.

Conclusion

As a martial artist, I find kata is a valuable tool to preserve the specific techniques of our style. Kata is a specific, tried and true way to pass on knowledge to the next generation of martial artists. Kata is also a valuable tool to study one's own self in body and spirit. Kata has the ability to sharpen the self-discipline and work ethic that resides in the heart of true martial artists. Kata is the art of the martial arts. It is making art with your mind, body and, soul.



Cornered by an unruly gang of pine boards, Robert suddenly remembers his Karate training.

THEME OF THE MONTH:
HEADLOCK ESCAPES

The goal this month is to make all of our youth students "headlock proof". We will be teaching many different ways to escape from different types of headlocks. We will work from standing and sitting, and give very clear, useful info on how to escape from this hold.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2015						
		1	2	3	4	5
6	7 <i>Closed</i>	8	9	10	11	12 <i>Closed</i>
13	14	15	16	17	18	19
20	21	22	23	24 Belt Promotion Regular Class times Thurs & Fri	25	26
27	28	29	30	Notes: www.wvmadojo.com		