

KATA'S - 型

Sensory of movements

Abstract

Part of the energy of coaching is generated from a perusal of how we can help people learn things quicker and with a deeper knowledge. That's a great thing for a coach to want as it stops even the most basic skills getting boring. KATA 's come from that energy and as far as tools go, they are amongst the very best we can give you.

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KT1 KATA - KATA 's - <http://en.wikipedia.org/wiki/Kata>

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Introduction

Our knowledge of how these can be used constantly gets upgraded so even those of you who have trained these for some time will see, feel, and hear new things in this resource. Kata is to both preserve and develop technique.

1. **The Mind for Kata's** - for Katas to work their best you have to clear your mind and work through them with an openness to things not being right or wrong but rather being 'useful or not useful', right now. The clear mind allows space for the feedback you will receive. To gain a clear mind do some square breathing prior to starting. Breathe in 4 seconds; hold 4 seconds, breath out 4 seconds, hold 4 seconds, breath in 4 seconds etc. Avoid distraction until you wish to use distraction as a tool.
2. **The Body.** Katas are generally performed standing up so the body is not in the same position as all sports performance. Despite the potential limitation this presents you should try and do your Kata's as precisely as possible but where limitations are present try to take notice and allow your mental perception to create an action that moves past this physical limitation. If you are aware of what the action represents, then the Kata will still work.

Understanding and acting towards optimal posture rotation and trim (tilting forwards or backwards from the hips has to be an ever-present thought driving your actions. Use all the information in resources TBAC 2, 2.1, 2.2 and 2.3 to bring more and more understanding and awareness to these areas.

If you have ever trained Yoga the preciseness of form is very similar. Katas are not simply moving yourself around -they are precise movements that represent your perception of perfect performance. The secret to making the Kata as effective as possible is to listen with your body and your senses will give you all the feedback you ever need - you just got to let go of outside distractions then all will become clear.

3. **Learning Kata.** These are precise movements with many elements to consider.
- Start by trying to get a good image of what is going on in the trick. Watch video, slow things down. Physically copy parts of the actions and gradually build the whole performance. Notice a few key moments – these are generally just before something starts.
 - Then I reiterate consider posture and the handouts TBAC2, 2.1, 2.2 and 2.3. The first thing to get right is always going to be posture.
 - Next think ‘Mobilisations’ in Posture, Rotation, the potential. Mobilisations are all about blending these three aspects so that each can be performed with a smaller movement by joining them together in either chained or simultaneous movement as a unified force.
 - Consider the relationship between upper and lower body. If the end point of energy is upper body how is the lower body assisting that? If the end point of energy is lower body how is the upper body assisting that? Hips are the super powerful connection between upper and lower body. The power is in being able to move them in opposite directions at the same time as you achieve double energy. That is true of any thing you have two of, arms, shoulders, legs and feet all have this potential.

4. **Focus on feelings, sensations: -**

- Intensity (strong - relaxed)
- Area (large, small)
- Texture (rough - smooth)
- Duration (Constant - intermittent)
- Temperature (hot - cold)
- Weight (Heavy - light)
- Location

5. **Kata’s and Mental Rehearsal.**

Mental rehearsal is like training a muscle. I want big arms, so I train my biceps and triceps doing pull ups and push ups. I want big mental rehearsal muscles, so I train my imagery skills, muscle memory and coordination.

6. **Train Kata’s for as much time as you can give**

20 minutes every day is a minimum. Make sure they are best quality. Note the 20 minutes does not need to be in one sitting – you could do some in the morning, some in the mid-morning break, some at lunch and so on. In fact this method of doing multiple times per day enhances effectiveness. Imagine this – if you did 20 minutes a day for 5 days a week for 48 weeks a year that equals 80 hours of extra training a year. If your competition is not using that time as effectively you have a huge advantage.

7. Do Kata with your training partners before you train.

They make a good warm up as they are specific to what you are doing. Don't forget to also warm up cardiovascular too.

A Kata is simply acting out what you do when you are not in your normal environment. The more you do them the better you get until eventually a Kata will unlock any trick, sometimes after a single run through. Think of them as programming, they literally place knowledge in the muscles.

8. Kata Techniques

There are different ways of performing Kata's that create different outcomes. Here are some of the main forms we are currently using that are achieving great results.

1. **Normal speed** / just like you would do on the feature–
 - a. Emphasises getting the body used to the movement so that you get a specific motor sequence.
 - b. Include breathing you would do during the skill. (Is your breathing quick / slow, shallow / deep, constant / fluctuating?)
 - c. Focus on variance in speed, is the movement a consistent speed throughout or do you go faster and slower in some phases?
2. **Super-slow** can be any degree slower than you would normally run the skill at -
 - a. Emphasises how the muscles are firing, holding tension, and relaxing
 - b. Add mobilisation and notice sensations and really notice the interplay these have on the energy requirements
 - c. Add ergonomic function – doing a movement to promote a component of a movement.
3. **Super-slow with stops and holds** is just like super slow but adding stopping and holding at varied points in the movement. This emphasises balance and coordination needs.
 - a. Emphasises specific muscular engagement.
 - b. Try stopping and holding until the muscle really aches. With this technique a primary muscle will ache and then if you hold longer another will also show fatigue. This can be useful first in developing the primary muscles endurance and also in revealing exactly what secondary muscles might need development through training to support the primary.
 - c. Utilise any of the previous suggestions into super slow.
4. **Super-fast** – can be any degree faster than you normally run the skill at.
 - a. Emphasises momentum. Directional momentum is a key issue when you are training freestyle as every movement creates this.

- b. Two good questions to ask - “is the momentum useful to the move I am training?” and “is the momentum going to wash me off the wave / hole?”
 - c. Video yourself doing this kata to reveal more than you can notice in the doing.

- 5. **Regulated Faster** 1.3 to 1.5 times normal speed
 - a. Emphasises creating time. By learning to go faster you squeeze more action into less time and by doing this you create the potential for more time for each action when reverting to normal speed.
 - b. Athletes often express that when they are in the ‘zone’ it is like time is moving more slowly. By practicing whole routines at just faster than normal this technique will encourage more time in the zone whilst on the wave.

- 6. **Sound Kata** – using your voice to reveal your energy.
 - a. Emphasises energy use through a kata. Can be super useful to show a coach what energy you perceive as being correct in parts of a performance.
 - b. Shouting / whispering - placing sound into your Kata allows your brain to tell your body how much energy is required to do the move. Sometimes this correlation is not obvious and communication between brain and body is not working. This is a useful hack.
 - c. You don’t need to take the noise to the sport environment, but this Kata can be interesting to do comparatively with another athlete. Some coaches have missed the point though <http://www.youtube.com/watch?v=elxum6bL-Ro&feature=related>. Despite the hilarity this sound to energy correlation is a very powerful for the mind to tell the body what is expected of it. Like I say be careful taking it to the sport environment as for example if that is water and you immerse yourself you will end up swallowing loads of water. The energy of your voice in relation to the move can take account of:-
 - i. Volume (Loud - soft)
 - ii. Tone (bass - treble)
 - iii. Pitch (high - low)
 - iv. Tempo (fast - slow)
 - v. Distance (close - far)
 - vi. Rhythm

- 7. **Talk Kata** – simply talking through what you are doing. Be careful with this one as the end goal is for it to be in the muscle and operate with no conscious stimuli – talking is a stimuli so I suggest you use this in the early acquisition stage of skill development.
 - a. This can be a bullet point list
 - i. Heightens awareness of certain elements
 - ii. Helps ordering and sequence definition
 - iii. If voice is changed – volume, timbre, tone etc can give more importance to parts that are more important
 - b. This could be a chat through

- i. Saying what you do double checks what your doing is what you desire to be doing
 - ii. Can provide a rhythm to the movement
- 8. **In Sport Environment Kata.**
 - a. Emphasis feel. You can take your kit with you too so that you get a movement that has a very similar flow.

10. The many Benefits of doing Kata's

1. Awesome for learning new skills.
2. Awesome for developing known skills.
3. Awesome for developing posture.
4. Awesome for developing rotation.
5. Awesome for understanding effects of Mobilisation.
6. Awesome for timing
7. Awesome for learning kinaesthetic awareness and strengthening sensory acuity.
8. Awesome for noticing thoughts and strengthening sensory acuity.
9. Awesome for visual awareness and strengthening sensory acuity.
10. Awesome for learning ergonomic hacks.
11. Awesome for demonstrating energy needs.
12. Awesome for understanding physical limitations.
13. Develops kinaesthetic and proprioceptive awareness and understanding.
14. Develops relational understanding of boat, body, blade, and background.
15. Develops both relational and deeper understanding of the workings of mobilisation.
16. Develops accuracy and precision.
17. Develops understanding of SMSI.
18. Develops ability to be in the here and now.
19. Develops power and grace, elegance, and personal style.
20. Develops muscles you use during performance.
21. Develops feel and force awareness.
22. Develops coordination.
23. Promotes reflective practice.
24. No known injury from doing these.
25. Train these when you are tired from water-based training as a warm down / active rest.
26. Raises positive curiosity and fascination that promotes more joyful learning.
27. Can train longer with less energy use – speeds up learning.
28. Less distraction than on the water so more focused training potential
29. Teaches you how and when to breath during technique.
30. Creates a calmness that comes with knowing.
31. Provides an easy way to experiment.
32. Assists a positive training psychology.

11. Essential 100 Words 10 Points Check List

1. Mind Clarity: Begin with square breathing to achieve mental clarity; view actions as 'useful or not' rather than 'right or wrong'.
2. Physical Precision: Perform KATAs with optimal posture and precision, respecting physical limitations and aiming to transcend them.
3. Visual Learning: Use videos to grasp the essence of movements, focusing on critical moments to mimic and master.
4. Sensory Awareness: Embrace sensations like intensity, texture, and temperature as feedback, refining your practice with each observation.
5. Mental Rehearsal: Strengthen imagery skills and coordination through regular mental practice, treating it as muscle training.
6. Consistent Practice: Dedicate at least 20 minutes daily to KATA practice, breaking it into manageable sessions for effectiveness.
7. Partner Practice: Warm up with KATAs alongside training partners, enhancing the group's synchronization and readiness.
8. Technique Variation: Explore different KATA techniques (normal speed, super-slow, super-fast) for diverse insights and outcomes.
9. Comprehensive Benefits: Acknowledge KATA's wide array of benefits, from improving skills and posture to developing precision and sensory acuity.
10. Season-Independent Training: Utilize KATA for continuous skill development, unaffected by seasons or external conditions, ensuring steady progress.