

KANE'S KATAS

INSTRUCTIONS

A kata is a series of choreographed moves or techniques that are done over and over in sequence.

Standard katas typically have 5-10 moves, but can have as few as two or three.

By practicing katas repeatedly, you can develop the ability to execute a series of techniques and movements in a natural, reflexive manner.

The goal is to internalize the movements and techniques of a kata, so they can be executed and adapted under different circumstances, without thought or hesitation.

When you first start, your actions will look uneven and difficult. Over time, they will appear simple and smooth.

Focus on the execution of each step and enjoy the process of developing and refining each kata. It won't be long before you start making your own!

HOW TO READ SHORTHAND

Because a kata can include almost any fencing technique, of which there are many, we need to recognize a common form or language to help document and express each specific kata. This is where Shorthand comes in.

By simplifying an ever-growing list of common actions into a short series of letters and numbers, we can write out complex sequences in a simple, easy to understand way.

EXAMPLE KATA

START: Standard Position

S2, T10, B3, OFB, S1, T2, T1, B1, T3, S9

Each kata listing is made up of a name (1), the starting position (2), and its series of actions (3). This simple template can quickly explain the pieces of a kata, but it cannot explain the flow or motion of a kata.

That's up to you to find as you train each kata.

UNIQUE ACTIONS

Unique Actions, describe any specific action beyond what is describe in *Kane's Katas: Steps, Blocks, or Attacks*. These codes are only limited by your imagination and creativity. Below are listed a few examples:

- **OFB:** Offhand Block
- **TAP:** Tap
- **CIR:** Circle
- **DIS:** Disengage
- **RES:** Reset
- **VOI:** Void
- **X#:** Repeat “#” of times
- **STRIKE:** Attack any target

Try to keep them simple and easily understood.

MODIFIERS

A **modifier** are simple additions to a code that can add more meaning or detail to generic codes. Here are a few examples:

- **“-L” or “-R”:** To the Left or Right
- **“-UP” or “-DWN”:** Perform the action Up or Down
- **“-SLW” or “-FST”:** Increase or decrease speed

KATA ACTIONS

A kata's series of actions are made up of a short sequence of letters and/or numbers a.k.a **codes**.

There are three basic categories:

- 1. Steps:** Comprised of an “S” followed by a “#”
 - 2. Blocks:** Comprised of a “B” followed by a “#”
 - 3. Attacks:** Comprised of a “T” followed by a “#”
- More unique actions like “OFB”, which means “Offhand Block”, will have a specific code for themselves, but may be combined with additional letters or numbers to convey additional meaning.

STARTING POSITIONS

- There are four basic starting positions:
- 1. Standard:** Right foot forward, sword in right hand
 - 2. Standard Reverse:** Left foot forward, sword in right hand
 - 3. Inverse:** Left foot forward, sword in left hand
 - 4. Inverse Reverse:** Right foot forward, sword in left hand

STEP ACTIONS

The listed Step Actions, follow Kane's 10-Step system. A chart can be found on the back of *Kane's Katas: Footwork*.

Each step is considered a single step **without** resetting back to a starting position. For more information, please talk to Kane.

- **S1:** Advance
- **S2:** Front Right 45
- **S3:** Front Left 45
- **S4:** Sidestep Right
- **S5:** Retreat
- **S6:** Back Left 45
- **S7:** Back Right 45
- **S8:** Sidestep Left
- **S9:** Swoop Forward
- **S10:** Swoop Backward

NOTE: Regardless of your orientation, each step should be taken with the foot that is currently in the position indicated.

For example, whether in Standard or Reverse stance, “Front Right” refers to moving your front leg to the right.

ATTACK ACTIONS

Attack Actions, are slightly different in that they indicate a **target** for your attack, hence the “T”. A chart indicating each target can be found on the back of *Kane's Katas: Attacks*.

- **T1:** Head
- **T2:** Chest
- **T3:** Left Shoulder
- **T4:** Right Shoulder
- **T5:** Left Arm
- **T6:** Right Arm
- **T7:** Left Forearm
- **T8:** Right Forearm
- **T9:** Left Hand
- **T10:** Right Hand
- **T11:** Pelvis
- **T12:** Right Thigh
- **T13:** Left Thigh
- **T14:** Right Shin
- **T15:** Left Shin
- **T16:** Right Foot
- **T17:** Left Foot

NOTE: The katas indicate the target for your attack, but *not* the attack itself. Attack in ways that feel natural and make sense to **YOU**.

BLOCK ACTIONS

The listed Block Actions, follow the Order of the Rose's 8 Basic Blocks. A description of each block can be found in the *Basics of Dueling* lesson on terrasylvae.com

Each block is done in *anticipation* for an attack. Even though you may be training alone, picture in your mind where the attack(s) would be coming from as you practice each kata.

- **B1:** Block 1
- **B2:** Block 2
- **B3:** Block 3
- **B4:** Block 4
- **B5:** Block 5
- **B6:** Block 6
- **B7:** Block 7
- **B8:** Block 8

NOTE: Additional or more advanced blocks may be added at your own discretion.