

George's Kata Guidelines

1. Take responsibility for your practice

- take care of yourself
- safety first

2. Be aware

- stay in the present moment
- notice what's around you but mostly notice what's inside you
- energy follows attention

3. Move from center

4. Be grounded at all times

- keep feet connected to the mat
- feel the chi/the power from the earth

5. Check your positioning

- knees move over the feet (rowing, knee rotation)

6. Posture

- stand straight

7. Enjoy and have a good time

- joy is in the present moment