

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