

Karateka Development

Ultimate goal of Karate:

Develop character of participants.

Accomplished through the continued study of:

- Kihon (basics)
- Kata (forms) – there are 26 Shotokan kata
- Kumite (fighting) – there are five levels of sparring
 - Gohon kumite – five step sparring
 - Sanbon kumite – three step sparring
 - Ippon kumite – one step sparring
 - Jiyu Ippon kumite – semi free sparring
 - Jiyu kumite – free sparring

And the proper development and application of Ki (spirit).