

## Forms have occurred in Okinawa

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ABSTRACT

### Abstract

The primary aim of this research is to prove that the Kata forms were created for the self-defense of a weaker person against a stronger one. The materials and methods used for this research include a study of literature, old Chinese drawings, practical experience with Monku Jutsu, acupressure point fighting, history, Kata forms, anatomy, and body kinetics, as well as Chinese and modern philosophy.

The most significant result of this study is a new approach to understanding Kata forms, with the most important conclusion being that Kata forms are an art of selfdefense that do not require fingers like iron or a body as hard as a rock in order for this knowledge to be used in a real life situation.

Keywords: [Kata forms](#); [women's self-defense](#); [Kata history and philosophy](#)



### EXPORT REFERENCES

I have bought many books and read even more, but I did not find another author who has done the same or similar research that I have. I have listed the authors whose explanations I am directly using in this article but there are many others who helped me to create the idea for this article.

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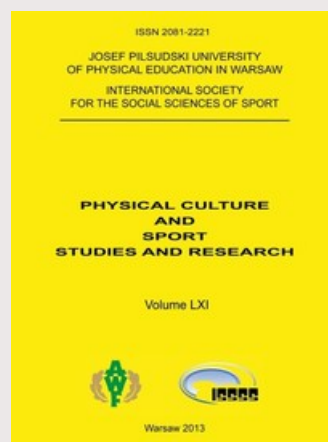
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Katas (forms, patterns, poomse, ect) are a list of movements that attack or defend against different imaginary opponents from various angles. My question is what was the original purpose of them? Background info: now now, before you get your shorts in a bunch, I have been to my fair share of martial art schools and I love doing katas. The problem occurs when I ask them what does this move do here? (imagine me in some wierld cross legged, hand behind head, arm around neck stance). I get a different answer from everybody I asks, even in the same style. Which means nobody knows. So that adds on to my original question- what type of training? Why and how did Katas come to be? and for what purpose? Edit: That's not what I'm asking. for Whom Kata Forms Have Occurred in. Okinawa. Authors' contribution: A) conception and design of the study. B) acquisition of data. C) analysis and interpretation. That is why, when observing the drawings, you must be aware of the fact that the people who made these drawings purposely focused your observation on unimportant details and, at same time, hid important ones - much like magicians. These drawings are meant to function as a reminder to followers. We are used to looking at drawings as photos that depict one single moment. In the interest of discretion, in the case of ancient Chinese drawings, the authors often drew practitioners in such a way: "If you are going to. A large group of Chinese families moved to Okinawa around 1392 for the purpose of cultural exchange, where they established the community of Kumemura and shared their knowledge of a wide variety of Chinese arts and sciences, including the Chinese martial arts. The incorporation of empty-handed Chinese Kung Fu into Okinawan martial arts occurred partly because of these exchanges and partly because of growing legal restrictions on the use of weaponry. Traditional karate kata bear a strong resemblance to the forms found in Fujian martial arts such as . During this time period, prominent teachers who also influenced the spread of karate in Japan included Kenwa Mabuni, Chōjun Miyagi, Motobu Chōki, Kanken Tōyama, and Kanbun Uechi.