

Egami KarateDo Kata

(by Enzo Cellini, July 2020)

Egami KarateDo is a very challenging and fascinating project: it is the search for the effectiveness of the technique through kindness, exploring the soft and heavy strength and the dimension of the Heiho.

Heiho was indicated by Master Egami as the goal of KarateDo. Heiho is the Way of peace and harmony with oneself, with others and with nature.

In order to start and realize this extraordinary adventure and to pursue and cultivate that dream sought by the Masters Funakoshi and Egami, it is necessary to put the Kata in the foreground. All the experience accumulated in taiso, kihon, kumite will have to flow into the kata.

The execution of a kata is the highest moment of our discipline: during the performance we can open up, freeing through coded movements what we are at that precise moment, through a harmonic representation of movements and energy.

The artistic sensitivity acquired over time is free to wander in strict compliance with the path traced by the masters, where hours and years of study protect the practicing performer from tensions, insecurities, fears: these dissolve leaving room for the movements that the body now knows well. In such conditions, the emptied mind can merge with the emptiness of space and the body move in the air without moving it.

It is like the pianist who practices at the piano for years to then go up on stage and perform the work of art.

Learning a kata is the first phase and can take years of work in search of technical perfection; the execution of the kata is the goal of this patient journey, it is the harmonious fusion between the movements of our body and our spiritual energy dimension in relation to everything around us and the universe. This moment of harmony is pure meditation in motion: it is a work of art.

"..... 'The Kata' are a set of fighting techniques: but when we perform a kata as a whole, it must appear bright and magnificent and possess an aura of naturalness and beauty. In other words, I can say that kata is the expression of a world of harmony with a sublime sense of rhythm beyond the world of conflict. " (Shigeru Egami)

from the book "Karatedo Kata" by Shigeru Egami, page 7

KATA

The kata can reach perfection and become a work of art. It is a harmonic fusion of various elements:

- technique
- rhythm
- breathing

- an empty mind
- will
- determination

- the opening
 - to move in an empty temporal space
 - to move in the air without moving it

During the training of kata, we learn and try to improve up to perfection technique, breathing and rhythm, and we try to open our mind more and more to increase the circulating energy.

The execution of a kata is another thing.

During the performance of a kata, we must not exhibit our skill or feel inadequate for our limits; we must instead represent through codified movements what we are in that precise moment and humbly donate it to the universe.

During the execution of the kata, there is no room for internal and external interference, we become one with the whole. It is pure meditation in motion: "dozen".

The execution of the kata is a sublime artistic representation, it expresses a perfect harmony between the movements of our body (even if technically not perfect), breathing, mind and our "vital" energy.

The execution of the kata should involve all those present, in an active participation, where a collective connection is created in a dimension of suspended empty time, which ends with a participated "rei".

The execution of the kata is therefore an opportunity for all present to participate and share a work of art.

When we perform the kata we are never alone, it is a representation shared with others, with nature and with the universe.

Give each kata you perform the chance to be the most beautiful in your life, share it and offer it as a gift.