

WHAT THE OPENING OF A KATA REVEALS

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APPLICATION, TANREN, AND TRAINING INTENT

TANREN



The opening of a kata is rarely accidental.

It often reveals the training priority the lineage intended the student to experience first. Before we move deep into the kata, the very first movement teaches intent.

Two valid starting points — each revealing a different training priority.

WHAT THE OPENING TEACHES FIRST

APPLICATION-FIRST OPENING

- The first movement immediately suggests interaction.
- It often represents receiving, controlling, or entering.
- Distance and opponent relationship are implied.
- The kata teaches combative context from the first beat.
- The opening frames practical bunkai possibilities.

TANREN-FIRST OPENING

- The first movement teaches how the body should organise.
- Structure, breath, and posture become the first lesson.
- The opening prioritises mechanics before application.
- Internal timing and directional force are emphasised.
- The kata teaches quality of movement before interpretation.

KEY TAKEAWAY

- The opening movement reveals training intent.
- Both methods teach valid priorities.
- The first lesson shapes what follows.

REMEMBER

The first movement often tells you what the kata wants to teach first.

SCAN TO CONTINUE →

