

# HANSHI'S QUEST EVENT

## Ten Principles of Kata

### 空手基本型の十部

This month, Hanshi Borkowski instructed NKS Midtown Masters students in the 10 'building blocks of kata practice and application.

Reiho 礼法

Metsuke 目付け

Tai 体

Undo 運動

Kime 決め

Oyo 意味

Tanrenho 鍛練

Zanshin 残心

Kiai 氣合

Hansei 反省

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In keeping with our commitment to *provide the best martial arts and life skills education*, there are no additional fees for special activities.

For information about QUEST EVENTS and other program benefits, consult NKS Student Care reps.

