

# The Kata of Gōjū-Ryū

"Kata" (commonly called "Forms" or "Stylized Exercises") are set patterns of defensive and offensive movements and techniques, performed alone against imaginary opponents. Kata are useful for practising correct execution of techniques and they are designed to teach a student the concepts and secrets of the techniques. The practice of kata itself provides the practitioner a sense of structure and possibilities to use in a real fight. "Bunkai" is the analysis or interpretation of kata movements. Techniques-within-techniques are revealed by constant practice of kata and bunkai.

