

# 空手道

## KARATEDŌ



### ABOUT KARATEDŌ

Karatedo is an unarmed Japanese martial art that enjoys immense popularity all over the world. The majority of karatedo training involves *kata*, practising rehearsed solo patterns or forms; and *kumite*, fighting drills or free sparring with a partner.

*Kata* are generally devised by the founder of a particular style, or by influential successors of that founder. The sequences involve combinations of punches, strikes, blocks, and kicks in response to various attack and defence scenarios. By repeatedly practising *kata*, the body is strengthened and a strong sense of perseverance is instilled in the practitioner.

*Kumite* involves two practitioners competing for points by striking designated targets on the opponent's body. This kind of training develops the knowledge and confidence to overcome adversity, and also nurtures a fighting spirit.

The object of training in karatedo is to build

character, increase confidence, and foster a sense of harmony in the practitioner. Currently there are 187 countries and regions affiliated with the World Karate Federation. It is estimated that there are over 50 million people studying karate worldwide. The WKF is aspiring to have karate included as an official Olympic sport for the 2020 Olympic Games in Tokyo.

