

ch #08 THE KATA

ver: 26/10/26

This chapter describes the kata.

An **end** is a set of four throws.

You then walk to the other end, turn around and throw another end.

The kata consists of four ends.

During the 1st end you throw RF.

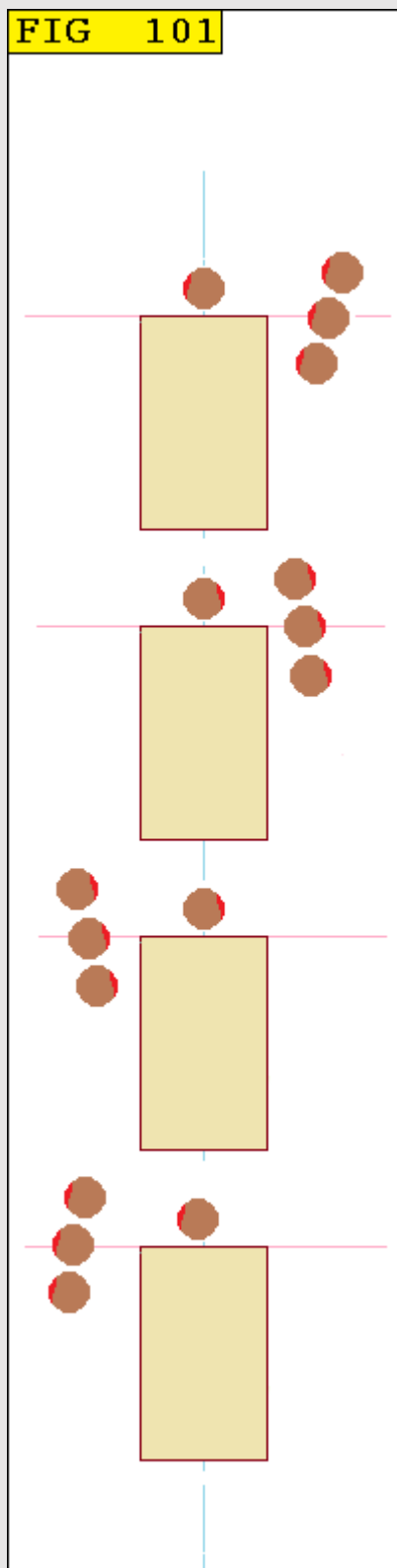
During the 2nd end you throw RB.

During the 3rd end you throw LF.

During the 4th end you throw LB.

It takes approx 10 mins.

FIG 101



STACKING

Stacking means placing a set of woods so they are within easy reach for throwing. Each wood is balanced on its running strip and oriented for the throws. We say the woods are **stacked** in a **stack** in the **stacking area**.

Drawing1 shows woods stacked for RF throws.

Drawing2 shows woods stacked for RB throws.

Drawing3 shows woods stacked for LF throws.

Drawing4 shows woods stacked for LB throws.

NOTE

Stacking applies only to kata. You are not allowed to stack woods during match bowling.

PRINCIPLES OF THE KATA

1) **Compatability.**

The kata is a teaching device for match bowling. Therefore the technique should be compatible with match bowling.

NOTE

Illegal positioning of the mat is allowed during kata bowling but it's more impressive if everything is legal.

2) **Both.**

You must throw both L and R handed
(not both at once).

Also you must throw both forehand and backhand
(not both at once).

Logically this principle requires four ends.

Why must you throw L and R handed ?

It would be disrespectful to teach a Lhanded student by demonstrating only Rhanded throws. Also, it's better exercise handed.

3) **First legal wood.**

For each end:

The first legal wood is the target for subsequent throws.

NOTE

From now on "first wood" implies first legal wood.

What is the target for the first wood ?

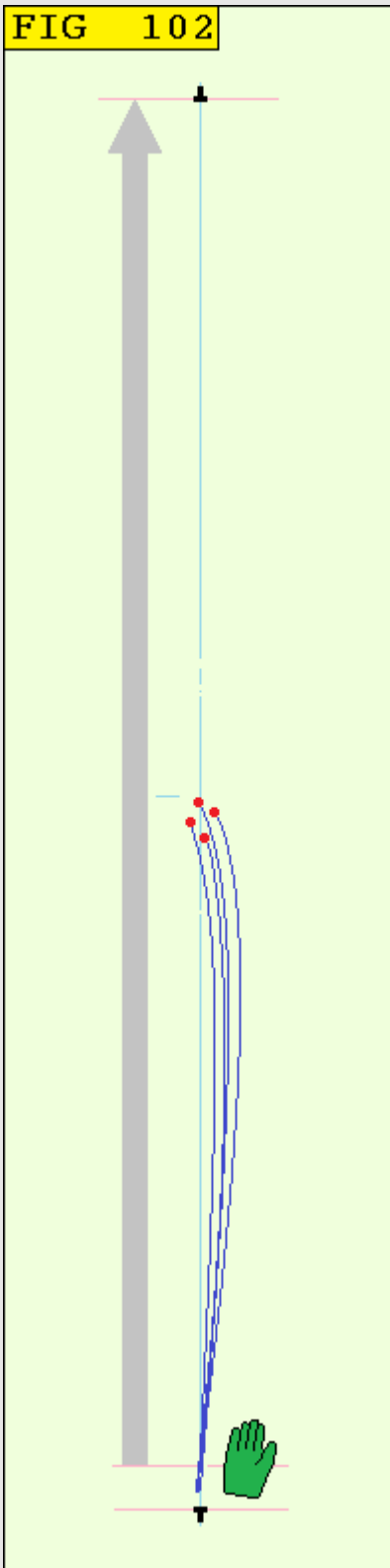
Normally the CL.

4) **Replication.**

After you have thrown the first wood, try to replicate the throw during subsequent throws. A good replication will feel the same and the wood will follow the same path.

A poor replication might also feel the same. The test is how close the wood arrives to the first wood. A huddle is very satisfying.

FIG 102

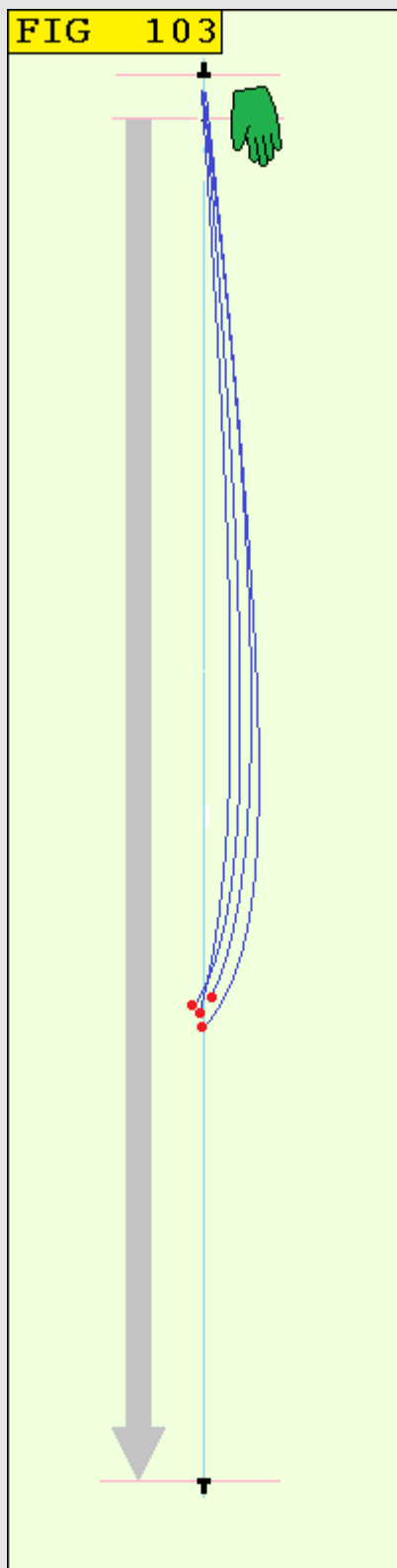


1st END

Four RF.

I throw these halfway because I intend to demonstrate that I can throw different lengths. I increase the length each end in what I call a **creeping kata**.

What you do depends on what you are trying to demonstrate.

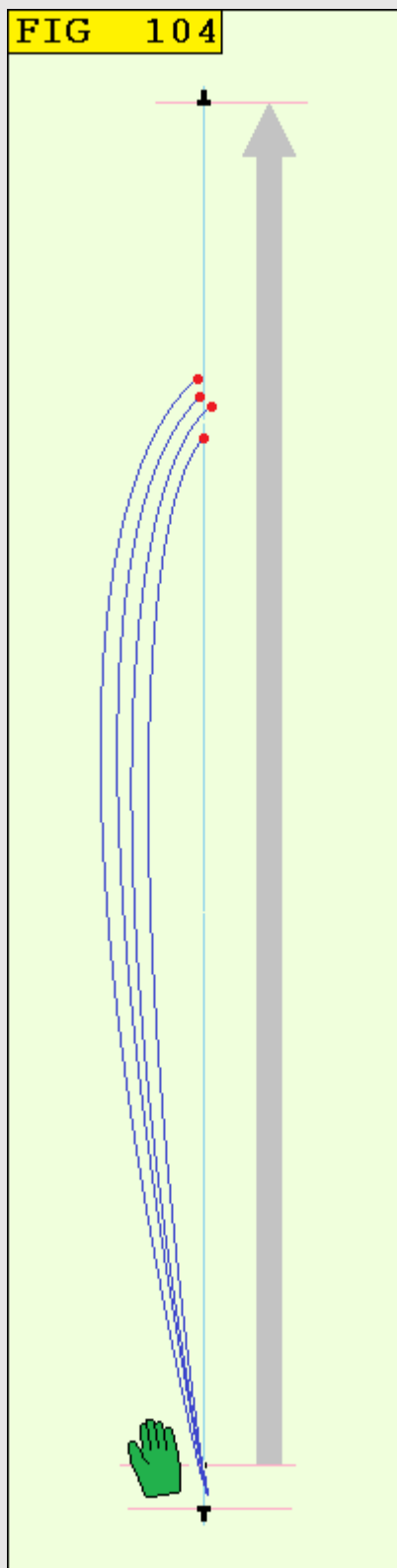


2nd END

Four RB.

The length has increased.

FIG 104



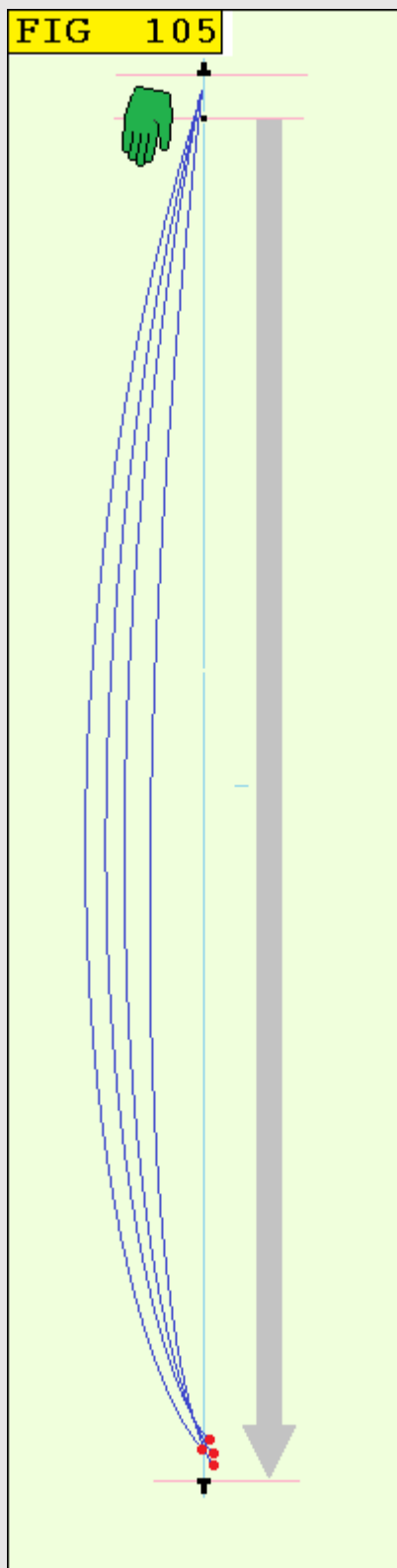
3rd END

Four LF.

FIG 105

4th END

Four LB



VERY ANTS

FIXED-LENGTH KATA

All throws are same length.

Target: CL.

T KATA

A fixed-length kata where woods arrive just in front of the T.

Target: CL.

MAT KATA

A fixed-length kata where woods arrive on the mat (good luck).

STACKING KATA

Woods arrive in the appropriate stacking area for the next four throws.

HALF KATA

Two ends Rhanded or two ends Lhanded.

JUMPING KATA

The length increases each end.

Target: CL.

CREEPING KATA

Place the mats on the Ts.

Throw from mat to mat. Target: CL.

Move the mat forward to next spot before walking to far end. Throw from mat to mat.

Move the mat forward to next spot before walking to far end. Throw from mat to mat.

Repeat until the length is $\leq 23\text{m}$.

This takes longer than 10mins.

SPEED BOWLING

For each end, throw the last wood before the first arrives.

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