

Creative Form Rules

Congratulations on taking on the challenge and fun of creating your very own, unique to you, karate routine! Below we have some helpful rules and tips to help in your creative process.

- The form should be a minimum of 6 moves. It can be longer but should not last more than 1 minute when performed (this is roughly the length of our other forms and katas).
- The form should be practiced and rehearsed the same way each time (once you have finished creating it). That is, it shouldn't be changed or made up "on the spot". One of the big benefits to practicing form (and preparing for a tournament) is that it challenges you to set a goal, practice consistently and improve over time- these benefits would get lost if a routine were just created on the spot.
- Real karate moves need to be utilized for the form, and done in a traditional karate fashion, as in class. For example, utilize the same blocks and strikes in stances that we all learn in class; utilize the same kicks we learn in class... but you get to pick which ones, and put them together in your own sequence.
- You are allowed to put in a trick or two of your own, such as a cartwheel, handstand, etc. This is not a requirement at all but is allowed.

Tips for a Great Form:

- ★ Take your time! There should be a 1-2 second pause after every single move.
- ★ Be speedy- to each single move, not speedy through the whole form.
- ★ Be accurate- each block, strike, and kick should go to the correct target.
- ★ Be strong- a solid stance will make your moves stronger
- ★ Be focused and confident- use a serious focused face and take a few focus breaths before you begin.
- ★ Have fun! Great work challenging yourself and building up your body and mind! 👍

Examples of moves you can choose from to build your form:

Blocks	Strikes	Stances	Kicks
Rising block Shuto Open Hand Block (inside or outside) Down block	Teisho Empi Punch Fist hammer	Horse stance Sumo stance Cat stance Forward stance	Front kick (regular, jumping, skip) Round kick (regular, jumping, skip) Inside crescent kick Outside crescent kick Tornado Kick Crane Kick Side Kick Stomp Back Kick