

THE ITP KATA

The Core of the Practice

About the ITP Kata

The *ITP Kata* is a series of movements that embodies the definition of practice itself: it is an activity that, *for all of its benefits*, is done on a regular basis primarily *for its own sake*, because it is *the path upon which you walk*.

The series of mind-body-spirit exercises comprising the *Kata* are the core of ITP. The movements are intended to articulate all the muscle groups and joints in the body and to offer an opportunity for deep rhythmic breathing, relaxation, transformational imaging and meditation. The *Kata* was created by Aikido sensei and human potential pioneer, George Leonard, as a daily practice, intended to tap our latent capacities and to provide the experience of living a vital, joyful and fulfilling life.

The word *Kata* (kah-tah) is Japanese and means “form.” The ITP *Kata* was designed to be performed in 40 minutes, each element blending into the next, without a sense of haste. Its lineage can be traced back to hatha yoga, the martial arts, modern exercise physiology, Progressive Relaxation, visualization research and witness meditation.

The *Kata* offers the following benefits:

- Balances and centers the body and psyche
- Provides a generalized warm-up, speeding the heartbeat, increasing the flow of blood and sending an infusion of warmth to all parts of the body
- Articulates and lubricates practically every joint in the body
- Makes available a comprehensive course of stretches, increasing flexibility in all major muscle groups
- Includes three essential strength exercises
- Provides a full set of Progressive Relaxation exercises, in which muscle groups are tightened then allowed to relax deeply
- Presents numerous opportunities for deep, rhythmic breathing
- Includes a period devoted to transformational imaging during which the powers of intentionality can be applied to making positive changes in body and psyche
- Concludes with ten minutes of meditation

The Kata

You don't need any special equipment to do the ITP Kata, only a carpeted floor or mat or an outdoor setting, and loose clothing.

When you do the Kata, think in terms of months or years, not days or weeks. The shift from short-term to long-term term thinking and acting might well be the most important lesson this training has to offer.

Balance and Center – GRACE

- G – Ground
- R – Relax
- A – Aware
- C – Center
- E - Energize

The Water Series

1. Drill for water, 4 left, 4 right**
2. Pump Water, 6
3. Fountain, 6
4. Finger spray, 4
5. Half windmill, 4 (left - right, left - right)??
6. Rowing, 10 left, 10 right, with reach and shake

Articulation

7. Shoulder rotation, 4 forward, 4 back
8. Head rotation, 4 each of 3 variations
9. Arm swing, 12
10. Pelvic rotation, 4 left, 4 right
11. Knee rotation, 4 left, 4 right

Floor Series

12. Hip joint rotation, 8
13. Quad tightening, 6 sets of 6
14. Foot rotation, 4 counterclockwise, 4 clockwise
15. Hamstring stretch
16. Hip stretch
17. Quad stretch
18. Back stretch
19. Spinal curl
20. Curl-up, 5 sets of 10

* Number of repetitions

21. Elongation stretch, 2
22. Groin stretch

Mini Yoga

23. Sun Salutation, 2
24. Spinal twist (left & right)
25. Deep relaxation

Transformational Imaging & Affirmations

Ten-Minute Meditation