

ITP KATA Movement Series



1. Drill for Water



2. Pump Water



3. Fountain



4. Finger Spray



5. Half Windmill or Side Bend



6. Rowing



7. Shake



8. Shoulder Rotation



9. Head Rotation



10. Arm Swing /
 Universal Center



11. Pelvic Rotation



12. Knee Rotation



13. Seated Hip-
 Joint Rotation



14. Quad Tightening



15. Foot Rotation



16. Hamstring Stretch



17. Hip Stretch



18. Quad Stretch



19. Back Stretch



20. Spinal Curl



21. Curl Up



22. Elongation Stretch



23. Groin Stretch



24. Sun Salutation



25. Spinal Twist