

## Kata Outline

### Balance and Center – GRACE

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

### The Water Series

1. Drill for water, x 4 each side
2. Pump Water, x 6
3. Fountain, x 6
4. Finger Spray, x 4
5. Half Windmill, x 2 each side
6. Rowing and Shaking, x 10 with right foot forward, followed by shaking. Repeat on the left.

### Joint Articulation Series

7. Shoulder Rotation, x 4 forward, x 4 back
8. Head Rotation, x 2 in each direction for each of 3 variations
9. Arm Swing/Universal Center, x 12
10. Pelvic Rotation, x 4 left, x 4 right
11. Knee Rotation, x 4 left, x 4 right
12. Two-Step, x 10 on each side. (see website for instructions)

### Floor Series

#### Seated:

13. Seated Hip-Joint Rotation, x 8
14. Quad Tightening, 6 sets of 6

#### Lying down:

15. Foot Rotation, x 4 counterclockwise, x 4 clockwise
16. Hamstring Stretch
17. Hip Stretch
18. Quad Stretch
19. Back Stretch
20. Spinal Curl / Bridge
21. Curl-up / ITP Crunches, 5 sets of 10
22. Elongation Stretch, x 2
23. Seated Groin Stretch

#### Mini Yoga

24. Sun Salutation, x 2
25. Spinal Twist (left & right)
26. Progressive Relaxation:  
Transformational Imaging & Affirmations

#### Ten-Minute Meditation