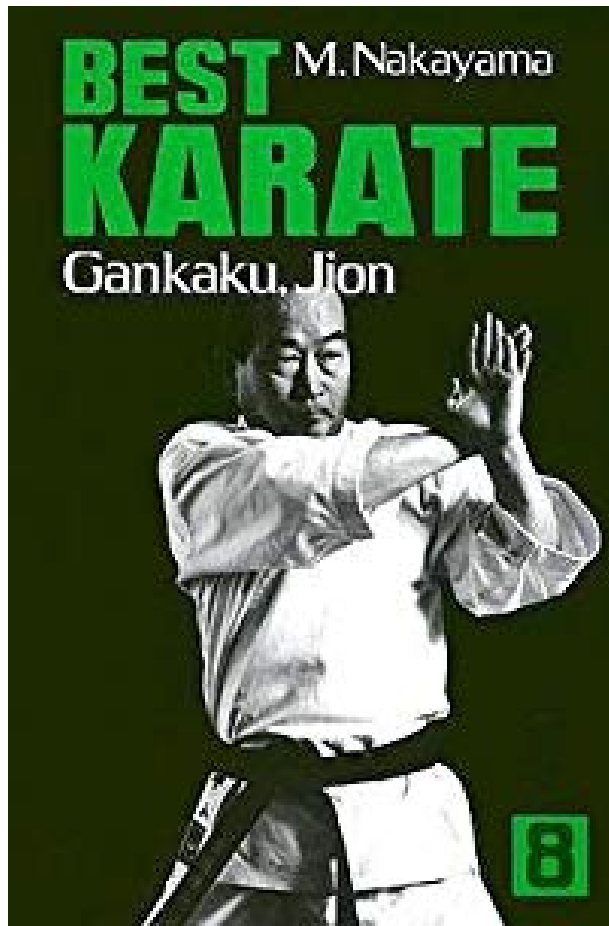


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The three kata in this volume are on the Japan Karate Association recommended list and are notable for the sticklike use of the arms-Jitte, the circular movements of hands and feet coordinated with breathing-Hangetsu, and easy, agile movements, combined into continuous techniques-Empi.