

# KIAI

**A Japanese word that translates to SPIRIT YELL**

## WHY DO WE KIAI

1. SCARE THE OPPONENT
2. TIGHTEN THE ABDOMINAL MUSCLES
3. HELPS US TO FOCUS ON OUR TARGET
4. GIVES OUR TECHNIQUE STRENGTH/POWER
5. SCARE THE OPPONENT

## WHEN DO WE KIAI

Technically on every move, but traditionally in the dojo we KIAI on the last move. In Shotokan Katas there are two Kiai per Kata

## DO WE YELL "KIAI"

NO, because if someone is fluent in Japanese, all they hear for the translation is SPIRIT YELL!, and that sounds silly. Yelling SPIRIT YELL at a "bad guy" sounds silly.