



## **Kata: “Ba-ra-mee-sam-sib-thad”**

1. Recitare tre volte il kata “Namassakarn Phaphutthachao”  
(rendere omaggio a Buddha):

Na-mo-that-sa-bha-ga-wa-to-ah-ra-ha-to  
Sam-maa-sam-Bhud-dha-ssa  
[Namo tassa bahagawato arahato samma  
sambuddhassa]

2. Recitare il Kata del Sak Yant Ba-ra-mee-sam-sib-thad:

Ì-ti-pa-ra-mi-tha-ting-saa  
Ì-ti-sap-phan-ya-ma-kha-ta  
Ì-ti-pho-thi-ma-nu-phap-too  
Ì-ti-phi-so-cha-te-na-moo