

SHOTOKAN KATAT



KIHON KATA

1. Heian Shodan
2. Heian Nidan
3. Heian Sandan
4. Heian Yondan
5. Heian Godan
6. Tekki Shodan

SHITEI KATA

1. Bassai Dai
2. Kanku Dai
3. Jion
4. Empi
5. Hangetsu

TOKUI KATA

1. Tekki Nidan
2. Tekki Sandan
3. Bassai Sho
4. Kanku Sho
5. Jitte
6. Nijushiho
7. Gankaku
8. Chinte
9. Sochin
10. Meikyo
11. Jiin
12. Unsu
13. Gojushiho Dai
14. Gojushiho Sho
15. Wankan

