

Traditional Forms Challenge

Official Approved Katas

GOJU-RYU KATAS

1. Sanchin
2. Saifa
3. Seiyunchin
4. Shisochin
5. Sanseru
6. Seisan
7. Seipai
8. Kururunfa
9. Suparimpei
10. Tensho

WADO-RYU KATAS

1. Kushanku
2. Naihanchi
3. Seishan
4. Chinto
5. Passai
6. Niseishi
7. Rohai
8. Wanshu
9. Jion
10. Jitte

SHOTOKAN KATAS

1. Bassai-Dai
2. Bassai-Sho
3. Kanku-Dai
4. Kanku-Sho
5. Tekki - Shodan
6. Tekki - Nidan
7. Tekki - Sandan
8. Hangetsu
9. Jitte
10. Enpi
11. Gankaku
12. Jion
13. Sochin
14. Nijushiho Sho
15. Goju Shiho-Dai
16. Goju Shiho-Sho
17. Chinte
18. Unsu
19. Meikyo
20. Wankan
21. Jiin

SHITO-RYU KATAS

1. Jitte
2. Jion
3. Jiin
4. Matsukaze
5. Wanshu
6. Rohai
7. Bassai Dai
8. Bassai Sho
9. Tomari Bassai
10. Matsumura Bassai
11. Kosokun Dai
12. Kosokun Sho
13. Kosokun Shiho
14. Chinto
15. Chinte
16. Seienchin
17. Sochin
18. Niseishi
19. Gojushiho
20. Unshu
21. Seisan
22. Naifanchin Shodan
23. Naifanchin Nidan
24. Naifanchin Sandan
25. Aoyagi (Seiryu)
26. Jyuroku
27. Nipaipo
28. Sanchin
29. Tensho

SHITO-RYU KATAS CONT'D

30. Seipai
31. Sanseiru
32. Saifa
33. Shisochin
34. Kururunfa
35. Suparimpei
36. Hakucho
37. Pachu
38. Heiku
39. Paiku
40. Annan
41. Annanko
42. Papuren
43. Chatanyara Kushanku