

# Japan Karate Shoto Federation South Africa - Kata list

## SHITEI KATA

1. HEIAN SHODAN
2. HEIAN NIDAN
3. HEIAN SANDAN
4. HEIAN YONDAN
5. HEIAN GODAN
6. TEKKI SHODAN
7. JUNRO SHODAN
8. JUNRO NIDAN
9. JUNRO SANDAN
10. JUNRO YONDAN
11. JUNRO GODAN

## COUNT

- (21)
- (26)
- (20)
- (27)
- (23)
- (29)
- (40)
- (32)
- (45)
- (50)
- (47)

## KIA

- 9-17
- 11-26
- 10-20
- 13-25
- 12-19
- 15-29
- 17-34
- 11-22
- 18-45
- 19-50
- 24-47

## SENTEI KATA

12. BASSAI DAI
13. KANKU DAI
14. ENPI
15. JION

- (42)
- (65)
- (37)
- (47)

- 19-42
- 15-64
- 15-36
- 17-47

## TOKUI

16. TEKKI NIDAN
17. TEKKI SANDAN
18. JITTE
19. GANKAKU
20. HANGETSU
21. BASSAI SHO
22. KANKU SHO
23. GOJU SHIHO-DAI
24. GOJU SHIHO-SHO
25. NIJUSHIHO
26. JIIN
27. WANKAN
28. MEIKYO
29. UNSU
30. SOCHIN
31. CHINTE

- (24)
- (36)
- (24)
- (42)
- (41)
- (27)
- (47)
- (62)
- (65)
- (33)
- (35)
- (16)
- (33)
- (48)
- (40)
- (33)

- 16-24
- 16-36
- 13-24
- 28-42
- 11-40
- 17-22
- 6-47
- 54-61
- 57-64
- 18-32
- 11-35
- 16
- 32
- 36-48
- 28-40
- 9-28

# 日本空手松涛連盟



## MEANING

- Peaceful & Calm Mind
- Peaceful & Calm Mind
- Peaceful & Calm Mind
- Peaceful & Calm Mind
- Peaceful & Calm Mind
- Iron Horse
- Weight distribution
- Two hand techniques
- Striking techniques
- Hip rotation
- Leg movements

- To penetrate a fortress
- The view of the sky
- Flight of the swallow
- Named after a temple in China

- Iron Horse
- Iron Horse
- Ten Hands
- Crane on the rock
- Half moon
- To penetrate a fortress (Smaller)
- Little Kanku
- 54 steps/directions BIG
- 54 steps/directions Minor
- 24 steps
- Mercy and Kindness
- King & Crown
- Bright Mirror/Polish a
- Cloud Hands
- Energetic Calm
- Extraordinary hands



## Koten Kata:

1. Suishu (Misunote) Water hand
2. Kashu (Hinote) Fire hand
3. Roushu (Naminote) Wave hand
4. Kakuyoku Shodan
5. Kakuyoku Nidan
6. Kakuyoku Sandan
7. Joko Issei
8. Joko Nisei
9. Joko Sansei
10. Joko Yonse
11. Joko Gosei
12. Kakusen
13. Rantai
14. Hachimon (8 gates)
15. Sensho Spinning hands
16. Kibaken
17. Meikyo Nidan.