

ISKF Kata List

Kata are set sequences of offensive and defensive moves. They are a compendium of punches, kicks, blocks, throws, sweeps and other techniques used in Shotokan Karate. Students should perform *kata* as if they are engaged with an imaginary opponent or multiple opponents – with *kime* and focus. The 26 *kata* that form the canon of ISKF Shotokan Karate are as follows:

Name	Meaning
Heian Shodan	Peaceful mind – 1 st level
Heian Nidan*	Peaceful mind – 2 nd level
Heian Sandan*	Peaceful mind – 3 rd level
Heian Yondan*	Peaceful mind – 4 th level
Heian Godan*	Peaceful mind – 5 th level
Tekki Shodan*	Iron horse – 1 st level
Bassai Dai**	Storming the fortress – major
Jion **	[Name of temple]
Kanku Dai**	Looking at the sky – major
Empi**	Flying swallow
Hangetsu**	Half moon
Tekki Nidan	Iron horse – 2 nd level
Tekki Sandan	Iron horse – 3 rd level
Bassai Sho	Storming the fortress – minor
Jitte	Ten hands
Gankaku	Crane on a rock
Kanku Sho	Looking at the sky – minor
Nijushiho	24 steps
Chinte	Incredible hands
Unsu	Cloud hands
Sochin	Preserving peace
Gojushiho Dai	54 steps – major
Gojushiho Sho	54 steps – minor
Meikyo	Mirror of the soul
Wankan	Crown of a king
Jiin	[Name of monk]

KEY

BOLD Required for *Shodan* (1st Dan blackbelt)

* *Shitei kata* (compulsory kata for the first round of ISKF competitions)

** *Sentei kata* (selected core kata for the second stage of ISKF competitions). Also required for *Nidan* (2nd Dan blackbelt) and above