



## USA Karate Official Kata List

### Begginner/Novice Kata List

Fukui Kata/Fukyu Kata
Fukyugata Ichi
Fukyugata Ni
Gekisai (Gekisai Dai) Ichi
Gekisai (Gekisai Dai) Ni
Heian Godan
Heian Nidan
Heian Sandan
Heian Shodan
Heian Yondan
Kihon kata
Pinan Godan
Pinan Nidan
Pinan Sandan
Pinan Shodan
Pinan Yondan
Taikyoku
Ten no Kata

### Intermediate Kata List

All Beginner/Novice Kata
Ananko
Aoyagi
Bassai
Bassai Dai
Bassai Sho
Chinte
Garyu
Ishimine Bassai
Itosu Rohai Nidan
Itosu Rohai Sandan
Itosu Rohai Shodan
Jiin
Jion
Jitte
Juroku
Kanku Dai
Kousoukun Dai
Kushanku
Matsukaze
Matsumura Rohai
Meikyo
Myojo
Naifanchin Nidan
Naifanchin Sandan
Naifanchin Shodan
Naihanchi
Nijushiho
Niseishi
Pachu
Passai'
Rohai
Saifa
Sanchin
Sanseiru
Sanseru
Seichin
Seienchin (Seiyunchin)
Seipai
Seiryu
Shinpa
Shinsei
Shisochin
Tekki Nidan
Tekki Sandan
Tekki Shodan
Tensho
Wankan