

Shotokan Kata

Namn	Betydelse	Antal räkningar	Kiai
Taikyoku Shodan	First Course	20	8 + 16
Heian Shodan	Peaceful Mind One	21	9 + 17
Heian Nidan	Peaceful Mind Two	26	11 + 26
Heian Sandan	Peaceful Mind Three	20	10 + 20
Heian Yondan	Peaceful Mind Four	27	13 + 25
Heian Godan	Peaceful Mind Five	23	12 + 19
Tekki Shodan	Iron Knight One	29	15 + 29
Tekki Nidan	Iron Knight Two	24	16 + 24
Tekki Sandan	Iron Knight Three	36	16 + 36

Bassai Dai	To Storm a Fortress (dai = major)	42	19 + 42
Bassai Sho	To Storm a Fortress (sho = minor)	27	17 + 22
Kanku Dai	To View the Sky (dai = major)	65	15 + 65
Kanku Sho	To View the Sky (sho = minor)	47	6 + 47
Enpi	Flying Swallow	37	15 + 36
Jion	Named after a Chinese temple	47	17 + 47
Jitte	Ten Hands	24	13 + 24
Ji'in	Named after the Saint	35	11 + 35
Gankaku	Crane on a Rock	42	28 + 42
Hangetsu	Half Moon	41	11 + 40
Chinte	Incredible Hands	32	28 + 32

Sochin	Preserve Peace	40	28 + 40
Meikyo	Mirror of the Soul	33	32
Gojushiho Dai	54 steps (dai = major)	62	54 + 61
Gojushiho Sho	54 steps (sho = minor)	65	57 + 64
Nijushiho	24 steps	33	18 + 32
Wankan	Crown of a King	25	25
Unsu	Cloud Hands	48	38 + 48