

# Liste principale de katas ( Règlement WKF )

## A

1. SHODAN
2. NIDAN
3. SANDAN
4. YODAN
5. GODAN

### KATAS WADO-RYU

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

## B

### KATAS GOJU-RYU

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

## C

### KATAS SHOTOKAN

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

## D

### KATAS SHITO-RYU

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|----------------------|-------------------------|
| 1. Jitte             | 22. Naifanchin Shodan   |
| 2. Jion              | 23. Naifanchin Nidan    |
| 3. Jiin              | 24. Naifanchin Sandan   |
| 4. Matsukaze         | 25. Aoyagi (Seiryu)     |
| 5. Wanshu            | 26. Jyuroku             |
| 6. Rohai             | 27. Nipaipo             |
| 7. Bassai Dai        | 28. Sanchin             |
| 8. Bassai Sho        | 29. Tensho              |
| 9. Tomari Bassai     | 30. Seipai              |
| 10. Matsumura Bassai | 31. Sanseiru            |
| 11. Kosokun Dai      | 32. Saifa               |
| 12. Kosokun Sho      | 33. Shisochin           |
| 13. Kosokun Shiho    | 34. Kururunfa           |
| 14. Chinto           | 35. Suparimpei          |
| 15. Chinte           | 36. Hakucho             |
| 16. Seienchin        | 37. Pachu               |
| 17. Sochin           | 38. Heiku               |
| 18. Niseishi         | 39. Paiku               |
| 19. Gojushiho        | 40. Annan               |
| 20. Unshu            | 41. Annanko             |
| 21. Seisan           | 42. Papuren             |
|                      | 43. Chatanyara Kushanku |

## E