

# Shotokan Kata

<b>Shitei Kata</b>	Chosen by the examining committee on gradings. They are the mandatory kata required.
<b>Sentei Kata</b>	One Kata is chosen, from 2 <sup>nd</sup> Kyu to Sandan usually from Bassai Dai, Kanku Dai, Jion or Empi. The list grows for examinations above Sandan, and full knowledge of the katas is mandatory. These are selected by the candidate themselves, and are an essential element, and a prerequisite to successful completion of the exam.
<b>Tokui Kata</b>	These are the 'free choice kata for grades above 2 <sup>nd</sup> Kyu. Chosen by the candidate themselves. Any kata may be selected.

<b>Heian Shodan</b>	The word Heian is a mixture of the syllables for Heiwan and Antei - 'Peacefulness and Calmness'. The meaning of the Kata signifies a 'Peaceful Mind'. The original versions of the Kata were named Pinan however Funakoshi Sensei, during the creating of the style changed Chinese and Okinawan names to Japanese conveying his philosophical meanings. This is the 'first step' or Shodan.
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<b>Heian Nidan</b>	Heian Nidan is the 'second step' of the five kata in the series.
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<b>Heian Sandan</b>	The 'third step' of the five kata in the series.
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<b>Heian Yondan</b>	The 'fourth step' of the five kata in the series.
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<b>Heian Godan</b>	The 'fifth step' and final kata in the series. The karate-ka should now have developed enough basic ability within the techniques to be able to handle an average 'self defense' situation, hence the 'Peaceful mind'.
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<b>Tekki Shodan</b>	The origins of this kata are Chinese. Known as Naihanchi in Okinawa. Funakoshi Sensei changed the
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	name to Tekki signifying 'Iron Horseman' referring to the use of kidadachi to creating an 'iron' (strong) stance. The kata also develops the waist and torso area.
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<b>Tekki Nidan</b>	The 'second step' of the three Tekki Kata. Emphasis is on the increased power within the Kiba dachi.
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<b>Tekki Sandan</b>	The final level of the three Tekki Kata. Emphasis is on arm speed and co-ordination as well as ever increasing strength within the torso and legs.
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<b>Bassai Dai</b>	Bassai means 'To penetrate a fortress' signifying the internal battle for control of the self. The kata switches from defense to offense quickly and gracefully, and the emphasis is on hip movements. The word Dai refers to 'large' or 'great' indicating the length of the kata and size of movement. Of the two Bassai Kata this is first and original version.
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<b>Bassai Sho</b>	The shorter version of Bassai Dai utilising a similar embusen or performance line. The purpose as with Sochin is fighting against a stick or staff.
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<b>Kanku Dai</b>	Kanku means 'To view the sky'. The opening movement 'looking at the sky' symbolises the universe and the concept of ku or 'empty' showing the opponent that you bear no weapons (Also see Meikyo). It is a graceful and powerful kata that was the forerunner to the Heian Kata. Many of the Heian movements and foundations can be clearly seen.
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<b>Kanku Sho</b>	Sho signifies 'short', therefore this is the shorter version of Kanku Dai utilising a similar embusen or performance line. The kata, as was its predecessor, was passed from Kushanku.
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<b>Jion</b>	A Buddhist term for 'love' and 'good'. The Jion-Ji was a temple in China. This plus the posture of the hands in Yoi indicate the Chinese origins to the kata.
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<b>Empi</b>	Empi means 'Flying Swallow'. The movements are
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	light and darting, indicative of a swallow's defensive flight. An ancient kata known originally as Wanshu.
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<b>Gankaku</b>	Gankaku means 'Crane on a rock' and emulates the birds alleged weakness to its prey, which diversly is also its strong point. The kata uses the Tsuruashi dachi 'crane leg stance' or Sagiashi dachi as referred in other systems. The original kata was known as Chinto.
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<b>Jitte</b>	Jitte means 'Ten Hands'. It is a very powerful kata designed to give the strength of being able to fight ten opponents.
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<b>Hangetsu</b>	Hangetsu means 'Half moon' referring to the principle stance of the kata. The original name was Seisan. Emphasis is on correct use of breathing and focus. This is the Shotokan version of slow kata such as Sanchin.
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<b>Chinte</b>	Chinte means 'extra-ordinary or rare hand'. The kata uses large circular movements which is contrary to the usual Shotokan method of utilising the shortest distance between points, hence its name.
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<b>Sochin</b>	The word Sochin means 'strength and calmness'. The Fudo Dachi or Immovable Stance (Also called Sochin Dachi) gives the kata its name. The original kata was named Hakko. The purpose as with Bassai Sho is fighting against a stick or staff.
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<b>Nijushiho</b>	Nijushiho means twenty-four steps, and was originally named Niseishi. The calm and long movements relate to waves breaking upon the cliff face.
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<b>Meikyo</b>	Meikyo means "Bright Mirror". The concepts Mizu no kokoro 'A mind like water' and Tsuki no kokoro a 'mind like the moon' can be evoked from the opening movements that seem to be the smoothing of water, making it calm as a mirror. As Funakoshi Sensei's adage states, "As a mirror's polished surface reflects whatever stands before it,
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	<p>and so a quiet valley carries even small sounds, so must the student of karate render his mind free of emptiness and wickedness in an effort to react appropriately to whatever he may encounter. This is the meaning of Kara or empty in karate."</p> <p>This kata has the Sankaku tobi, the 'triangular jump' at the end when correctly executed enables the karate-ka to turn disadvantage into advantage quickly and easily. This is the kata often performed by the masters.</p>
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<b>Gojushiho Dai</b>	<p>Formerly named Hotaku due to the likeness of a woodpecker's action of tapping its beak against a tree. The kata's name means fifty four steps. One of the very advanced Shotokan Kata.</p>
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<b>Gojushiho Sho</b>	<p>The shorter version of Gojushiho Dai. Also a very advanced kata.</p>
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<b>Unsu</b>	<p>Unsu means "Cloud Hands", the opening technique symbolising the parting of the clouds with the hands. Funakoshi Sensei's calligraphy 'Hatsuun Jin Do' (Parting the clouds, seeking the way' may well have relevance to this movement. The kata seems to move from urgency to serene calmness.</p>
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<b>Wankan</b>	<p>A kata that many feel was not completed due to its very shortness. Wankan means 'King's Crown'.</p>
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<b>Jiin</b>	<p>Jiin, as with the kata Jion, has the Chinese origin. The name is the Buddhist term evoking 'Love and Shadow' or possibly 'Temple Ground' referring to the Jion-Ji (Monastery).</p>
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