

Kata Names & Meanings

Kata Names:

Meanings:

Moves:

Taikyuku Shodan, Nidan, Sandan	First Cause	21
Heian Shodan	Peaceful Mind	21
Heian Nidan	Peaceful Mind	26
Heian Sandan	Peaceful Mind	20
Heian Yodan	Peaceful Mind	27
Heian Godan	Peaceful Mind	23
Tekki Shodan	Iron Horse	29
Tekki Nidan	Iron Horse	24
Tekki Sandan	Iron Horse	26
Bassai-Dai	Penetrate a Large Fortress	42
Empi	Flying Swallow	37
Jion	Buddhist Temple Bells	47
Jiin	Jion Temple	39
Hangetsu	Half Moon	41
Jutte/ Jitte	Ten Hands	24
Gankaku	Night Crane (Chinto)	42
Kanku-Sho	Observation of the Sky	54
Kanku-Dai	Looking at the Sky	65
Bassai-Sho	Penetrate a Small Fortress	45
Sochin	Old Founder	43
Chinte	Extraordinary Hand	33
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Meikyo		33