

**Kata and Katachi**

Kata	Shoden Seiza	Chuden Tatehiza	Okuden Tachi	Okuden Suwari
Ippon me	1. Mae	12. Yokogumo	22. Yukizure	33. Kasumi
Nihon me	2. Migi	13. Toraisoku	23. Tsuretachi	34. Sunegakoi
Sanbon me	3. Hidari	14. Inazuma	24. Somakuri	35. Tozume
Yohon me	4. Ushiro	15. Ukigumo	25. Sodome	36. Towaki
Gohon me	5. Yaegaki	16. Oroshi	26. Shinobu	37. Shihogiri
Roppon me	6. Ukenagashi	17. Iwanami	27. Yukichigai	38. Tanashita
Nanahon me	7. Kaishaku	18. Urokogaeshi	28. Sodesurigaeshi	39. Ryozone
Hachihon me	8. Tsukekomi	19. Namigaeshi	29. Moniri	40. Torabashiri
Kyuhon me	9. Tsukikage	20. Takiotoshi	30. Kabezoi	
Juppon me	10. Oikaze	21. Makko	31. Ukenagashi	
Ju-ippun me	11. Nukiuchi		32. Itomagoi	

Kata	Toryu-Bangai		Katachi (Kumitachi)	
	Gohon Me no Kata	Sanbon Me no Kata	Nanhon Me no Kata	Tsume-Iai
Ippon me	41. Mae	46. Hayanami	49. Deai	56. Hasso
Nihon me	42. Aranami	47. Raiden	50. Kobushidori	57. Kobushidori
Sanbon me	43. Kesaguruma	48. Jinrai	51. Zetsumioken	58. Iwanami
Yohon me	44. Takiguruma		52. Dokumioken	59. Yaegaki
Gohon me	45. Tatsumaki		53. Tsubadome	60. Urokogaeshi
Roppon me			54. Ukenagashi	61. Kuraiyurumi
Nanahon me			55. Mappo	62. Tsubamegaeshi
Hachihon me				63. Gansekiotoshi
Kyuhon me				64. Suigetsuto
Juppon me				65. Kasumiken
Ju-ippun me				66. Uchikomi