



Forge Shotokan

Approved Kata List

October 14, 2024



Forge Shotokan list of available kata:

Shotokan:

Kyu Grade:

Kihon
Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan
Heian Godan
Tekki Shodan

Dan Grade:

Bassai Dai
Kanku Dai
Enpi
Jion
Hangetsu

Kanku Sho
Jitte
Bassai Sho
Nijushiho
Tekki Nidan

Sochin
Unsu
Gankaku
Chinte
Gojushiho Sho

Meikyo/Rohai
Ji'in
Wankan
Tekki Sandan
Gojushiho Dai

Goju Ryu:

Seisan
Sanchin
Tensho