



# Community Martial Arts

## Shotokan Karate, Kick Boxing, Self Defense

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### Kata

Most martial arts styles have kata. Kata basically means forms, a predetermined set of movements designed to teach the student the skills needed for self defence (movement, power & focus). Shotokan has 26 katas, each with a different idea and focus. Below is a list of the katas.

Taikyoku Shodan: This is the most basic kata in Shotokan (optional)

1. Heian Shodan: "Peaceful Mind One" - The first of the Heian series
2. Heian Nidan: "Peaceful Mind Two" - The second of the Heian series.
3. Heian Sandan: "Peaceful Mind Three"
4. Heian Yondan: "Peaceful Mind Four"
5. Heian Godan: "Peaceful Mind Five"
6. Tekki Shodan: "Iron Horse Riding" - The first in this series of Kata.
7. Tekki Nidan: "Iron Horse Riding Two"
8. Tekki Sandan: "Iron Horse Riding Three"
9. Bassai-Dai: "To Penetrate a Fortress"
10. Gankaku: "Crane on a Rock"
11. Empi: "Flying Swallow"
12. Kanku-Dai: "To Look to the Sky"
13. Hangetsu: "Half Moon"
14. Jion: "Temple" or "Temple of love and goodness"
15. Jitte: "Ten Hands"
16. Bassai-Sho: The Lesser Bassai
17. Kanku-Sho: The Lesser Kanku
18. Chinte: Thought to have originated as a folk dance.
19. Sochin: "Grand Suppression"
20. Nijushiho: "Twenty-four Directions"
21. Meikyo: "Bright Mirror"
22. Gojushiho-Dai: "54 Directions"
23. Gojushiho-Sho: "The Lesser Gojushiho"
24. Unsu: "Cloud Hand"
25. Wankan: "Kings Crown" also known as Matsukaze
26. Jiin: "Temple Grounds"