

Kata - Names and Meanings

TAIKYO KYU - First Cause

HEIAN SHODAN - Peaceful Mind First Level

HEIAN NIDAN - Peaceful Mind Second Level

HEIAN SANDAN - Peaceful Mind Third Level

HEIAN YONDAN - Peaceful Mind Fourth Level

HEIAN GODAN - Peaceful Mind Fifth Level

TEKKI SHODAN - Horse Riding First Level

TEKKI NIDAN - Horse Riding Second Level

TEKKI SANDAN - Horse Riding Third Level

BASSAI DAI - To penetrate a fortress Major*

BASSAI SHO - To penetrate a fortress Minor*

KANKU DAI - Viewing the Sky Major*

KANKU SHO - Viewing the Sky Minor*

HANGESTSU - Half Moon**

EMPI - Flying Swallow

GANKAKU - Crane on a Rock

JITTE - Ten Hands(sometimes spelt JUTTE)

JI-ON - From the temple of Jion

JI-IN - Temple grounds