



Itosu-Kai Kata



Shuri-te

Matsumura, 1809-1901



Pinan 1-5

(piecefull mind level 1-5)

Jitte

(skillful hand)

Jion

(benevolence and kindness)

Jiin

(benevolence and sincerity)

Bassai Dai/Sho

(penetrating fortress major/minor)

Kusanku Dai/Sho

(Kusanku major/minor)

Shihokusanku

(Kusanku 4 steps)

Naifanchin 1-3

(inside 8 stance level 1-5)

Rohai 1-3

(symbol of an egret level 1-3)

Wanshu

(an excellent arm)

Chinto

(surpressing to the east)

Chintei

(fighting)

Gojushiho

(54 steps)

Naha-te

Higaonna, 1853-1915



Sanchin

(3 battles)

Seisain

(13)

Seipai

(18)

Seienchin

(attack, far and control)

Sanseru

(36)

Saifa

(break stronghold)

Shisochin

(master, grand and control)

Kurunfa

(coming, stopping and breaking)

Suparinpei

(108)

Miyagi, 1888-1953



Geksikai 1-2

(to destroy level 1-2)

Tensho

(rotating palms)

Tomari-te

Matsumora, 1829-1898



Wankan

(penetrating an arm)

Matsumora Rohai

(symbol of an egret)

Tomari Bassai

(penetrating fortress)

Tomari Chinto

(surpressing to the east)

Tomari Wanshu

(an excellent arm)

Other styles

Aragaki, 1840-1920

Sochin

(energetic calm)

Niseishi

(24)

Unshu

(cloud hand)

Go Kenki, 1886-1940

Haffa

(white swan)

Nipaipo

(28 steps)



Itosu-Kai Kata



Kategorisering av Itosu-Kai Sveriges graderingskator

Nivå	Kata	Klassificering
8.kyu	Pinan 2 (Nidan)	Shuri-te
7.kyu	Pinan 3 (Sandan)	Shuri-te
6.kyu	Pinan 1 (Chodan)	Shuri-te
5.kyu	Pinan 4 (Yondan)	Shuri-te
4.kyu	Pinan 5 (Godan)	Shuri-te
3.kyu	Jitte	Shuri-te
2.kyu	Jiin Geksikai 1 (Ichi)	Shuri-te Naha-te
1.kyu	Jion Geksikai 2 (Ni)	Shuri-te Naha-te
1.dan	Bassai Dai Kusanku Dai Wankan	Shuri-te Shuri-te Tomari-te
2.dan	Bassai Sho Seienchin Matsumora Rohai	Shuri-te Naha-te Tomari-te