

# Liste des Katas Shotokan

## Katas de base

- Ten no kata
- Taikyoku shodan
- Taikyoku nidan
- Taikyoku sandan
- Heian shodan
- Heian nidan
- Heian sandan
- Heian yondan
- Heian godan

## Katas avancés

- Bassai dai
- Bassai sho
- Kanku dai
- Kanku sho
- Tekki shodan
- Tekki nidan
- Tekki sandan

## Katas supérieurs

- Chinte
- Empi
- Gangaku
- Gojushiho dai
- Gojushiho sho
- Hangetsu
- Jiin
- Jion
- Jitte
- Meikyo
- Nijushiho
- Sochin
- Unsu
- Wankan