

KARATE ONTARIO RECREATIONAL KATA LIST

For Beginners *up to Orange Belt - 7th Kyu*

13	Fukyugata Ichi	77	Sanchin	112	Zenshin Kotai
14	Fukyugata Ni	102	Wanshu	114	Ni Ju Hichi Ko
17	Gekisai 1	103	Kanshiwa	116	Shi Ho Hai
18	Gekisai 2	104	Taikyoku Jodan	117	Fukyugata San
25	Heian Shodan	105	Taikyoku Chudan	118	Juni no Kata
26	Heian Nidan	106	Taikyoku Gedan	119	Jo Chu Ge
42	Kanshu	107	Taikyoku Mawashi Uke	120	Chu Shuto Ge
70	Pinan Shodan	109	Kihon Dosa	121	Chu Keri Ge
71	Pinan Nidan	110	Kihon Kata		
72	Pinan Sandan	111	Seiken No Migi Hidari		

For Intermediate *up to Pre-Brown - 4th or 3rd Kyu*

3	Ananko	58	Naifanchi Sandan	104	Taikyoku Jodan
6	Bassai Dai	62	Niseishi	105	Taikyoku Chudan
13	Fukyugata Ichi	70	Pinan Shodan	106	Taikyoku Gedan
14	Fukyugata Ni	71	Pinan Nidan	107	Taikyoku Mawashi Uke
17	Gekisai 1	72	Pinan Sandan	108	Taikyoku Kake Uke
18	Gekisai 2	73	Pinan Yondan	109	Kihon Dosa
25	Heian Shodan	74	Pinan Godan	110	Kihon Kata
26	Heian Nidan	75	Rohai	111	Seiken No Migi Hidari
27	Heian Sandan	76	Saifa	112	Zenshin Kotai
28	Heian Yondan	77	Sanchin	113	Shi Ho Wari
29	Heian Godan	79	Sanseiru	114	Ni Ju Hichi Ko
36	Jion	81	Seichin	115	Shime No Dosa
37	Jitte	82	Seiunchin (Seiyunchin)	116	Shi Ho Hai
38	Juroku	83	Seipai	117	Fukyugata San
42	Kanshu	85	Seishan	118	Juni no Kata
48	Kusanku	86	Seisan	119	Jo Chu Ge
51	Matsukaze	90	Shisochin	120	Chu Shuto Ge
53	Matsumura Rohai	96	Tensho	121	Chu Keri Ge
56	Naifanchi Shodan	102	Wanshu		
57	Naifanchi Nidan	103	Kanshiwa		

KARATE ONTARIO RECREATIONAL KATA - FULL LIST

1	Anan	42	Kanshu	83	Seipai
2	Anan Dai	43	Kishimoto No Kushanku	84	Seiryu
3	Ananko	44	Kosoukun	85	Seishan
4	Aoyagi	45	Kosoukun Dai	86	Seisan (Sesan)
5	Bassai	46	Kosoukun Sho	87	Shiho Kousoukun
6	Bassai Dai	47	Kururunfa	88	Shinpa
7	Bassai Sho	48	Kusanku	89	Shinsei
8	Chatanyara Kushanku	49	Kyan No Chinto	90	Shisochin
9	Chibana No Kushanku	50	Kyan No Wanshu	91	Sochin
10	Chinte	51	Matsukaze	92	Suparinpei
11	Chinto	52	Matsumura Bassai	93	Tekki Shodan
12	Enpi	53	Matsumura Rohai	94	Tekki Nidan
13	Fukygata Ichi	54	Meikyo	95	Tekki Sandan
14	Fukygata Ni	55	Myojo	96	Tensho
15	Gankaku	56	Naifanchin Shodan	97	Tomari Bassai
16	Garyu	57	Naifanchin Nidan	98	Unshu
17	Gekisai (Gekesai) 1	58	Naifanchin Sandan	99	Unsu
18	Gekisai (Gekesai) 2	59	Naihanchin	100	Useishi
19	Gojushiho	60	Nijushiho	101	Wankan
20	Gojushiho Dai	61	Nipaipo	102	Wanshu
21	Gojushiho Sho	62	Niseishi	103	<i>Kanshiwa</i>
22	Hakucho	63	Ohan	104	<i>Taikyoku Jodan</i>
23	Hangetsu	64	Ohan Dai	105	<i>Taikyoku Chudan</i>
24	Haufa (Haffa)	65	Oyadomari No Passai	106	<i>Taikyoku Gedan</i>
25	Heian Shodan	66	Pachu	107	<i>Taikyoku Mawashi Uke</i>
26	Heian Nidan	67	Paiku	108	<i>Taikyoku Kake Uke</i>
27	Heian Sandan	68	Papuren	109	<i>Kihon Dosa 1 to 4</i>
28	Heian Yondan	69	Passai	110	<i>Kihon Kata 1 to 20</i>
29	Heian Godan	70	Pinan Shodan	111	<i>Seiken No Migi Hidari</i>
30	Heiku	71	Pinan Nidan	112	<i>Zenshin Kotai</i>
31	Ishimine Bassai	72	Pinan Sandan	113	<i>Shi Ho Wari</i>
32	Itosu Rohai Shodan	73	Pinan Yondan	114	<i>Ni Ju Hichi Ko</i>
33	Itosu Rohai Nidan	74	Pinan Godan	115	<i>Shime No Dosa</i>
34	Itosu Rohai Sandan	75	Rohai	116	<i>Shi Ho Hai</i>
35	Jiin	76	Saifa	117	<i>Fukyugata San</i>
36	Jion	77	Sanchin	118	<i>Juni no Kata</i>
37	Jitte	78	Sansai	119	<i>Jo Chu Ge</i>
38	Jyuroku	79	Sanseiru	120	<i>Chu Shuto Ge</i>
39	Kanchin	80	Sanseru	121	<i>Chu Keri Ge</i>
40	Kanku Dai	81	Seichan		
41	Kanku Sho	82	Seienchin (Seiyunchin)		