

LISTE DES KATAS 2009 - 2010

POUSSINS			
SHOTOKAN	WADO RYU	SHITO RYU	GOJU RYU
TAIKYOKU SHODAN	TAIKYOKU SHODAN	SHIOZUKI 1	SHI HO UKE ICHI
TAIKYOKU NIDAN	TAIKYOKU NIDAN	SHIOZUKI 2	SHI HO UKE NI
TAIKYOKU SANDAN	TAIKYOKU SANDAN	JUNI NOKATA SHODAN	SHI HO UKE SAN
HEIAN SHODAN	PINAN NIDAN	JUNI NOKATA NIDAN	FUKI KATA DAI ICHI
HEIAN NIDAN	PINAN SHODAN	PINAN NIDAN	FUKI KATA DAI NI
		PINAN SHODAN	

PUPILLES			
SHOTOKAN	WADO RYU	SHITO RYU	GOJU RYU
TAIKYOKU SHODAN	TAIKYOKU SHODAN	SHIOZUKI 1	SHI HO UKE ICHI
TAIKYOKU NIDAN	TAIKYOKU NIDAN	SHIOZUKI 2	SHI HO UKE NI
TAIKYOKU SANDAN	TAIKYOKU SANDAN	JUNI NOKATA SHODAN	SHI HO UKE SAN
HEIAN SHODAN	PINAN NIDAN	JUNI NOKATA NIDAN	FUKI KATA DAI ICHI
HEIAN NIDAN	PINAN SHODAN	PINAN NIDAN	FUKI KATA DAI NI
HEIAN SANDAN	PINAN SANDAN	PINAN SHODAN	GEKISAI DAI ICHI
HEIAN YODAN	PINAN YODAN	PINAN SANDAN	GEKISAI DAI NI
		PINAN GODAN	
		PINAN YODAN	

BENJAMINS			
SHOTOKAN	WADO RYU	SHITO RYU	GOJU RYU
5 HEIAN	5 PINAN	5 PINAN	FUKI KATA DAI ICHI
TEKKI SHODAN	NAIFANCHI SHODAN	NAIFANCHI SHODAN	FUKI KATA DAI NI
BASSAI DAI	BASSAI	BASSAI DAI	GEKISAI DAI ICHI
		SAIFA	GEKISAI DAI NI
		SHIN SEI	SAIFA

MINIMES			
SHOTOKAN	WADO RYU	SHITO RYU	GOJU RYU
5 HEIAN	5 PINAN	5 PINAN	FUKI KATA DAI ICHI
TEKKI SHODAN	NAIFANCHI SHODAN	NAIFANCHI SHODAN	FUKI KATA DAI NI
BASSAI DAI	BASSAI	BASSAI DAI	GEKISAI DAI ICHI
KANKU DAI	KUSHANKU	KOSOKUN DAI	GEKISAI DAI NI
EMPI	WANSHU	SAIFA	SAIFA
JION	JION	SEIENCHIN	SEIYUNCHIN
		SHIN SEI	