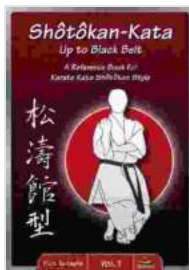


Shotokan Kata Up to Black Belt: A Comprehensive Guide

Kata are a series of predetermined movements that are performed in a specific order. They are an essential part of Shotokan karate and are used to develop a variety of skills, including balance, coordination, power, and speed. There are 26 kata required for advancement up to black belt in Shotokan karate. Each kata has its own unique history, purpose, and technical components.



Shotokan Kata Up to Black Belt by Fiore Tartaglia

★★★★☆ 4.7 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 117 pages
Lending	: Enabled



Heian Shodan

Heian Shodan is the first kata that is learned in Shotokan karate. It is a relatively simple kata that consists of 21 movements. Heian Shodan is designed to teach the basic principles of Shotokan karate, including stance, footwork, and strikes.



Heian Nidan

Heian Nidan is the second kata that is learned in Shotokan karate. It is a slightly more challenging kata than Heian Shodan and consists of 26 movements. Heian Nidan is designed to teach more advanced techniques, including blocking, countering, and combination strikes.



Heian Sandan

Heian Sandan is the third kata that is learned in Shotokan karate. It is a more complex kata than Heian Shodan and Heian Nidan and consists of 30 movements. Heian Sandan is designed to teach even more advanced techniques, including foot sweeps, throws, and takedowns.



Heian Yondan

Heian Yondan is the fourth kata that is learned in Shotokan karate. It is a challenging kata that consists of 34 movements. Heian Yondan is designed to teach a variety of techniques, including advanced stances, footwork, and strikes.



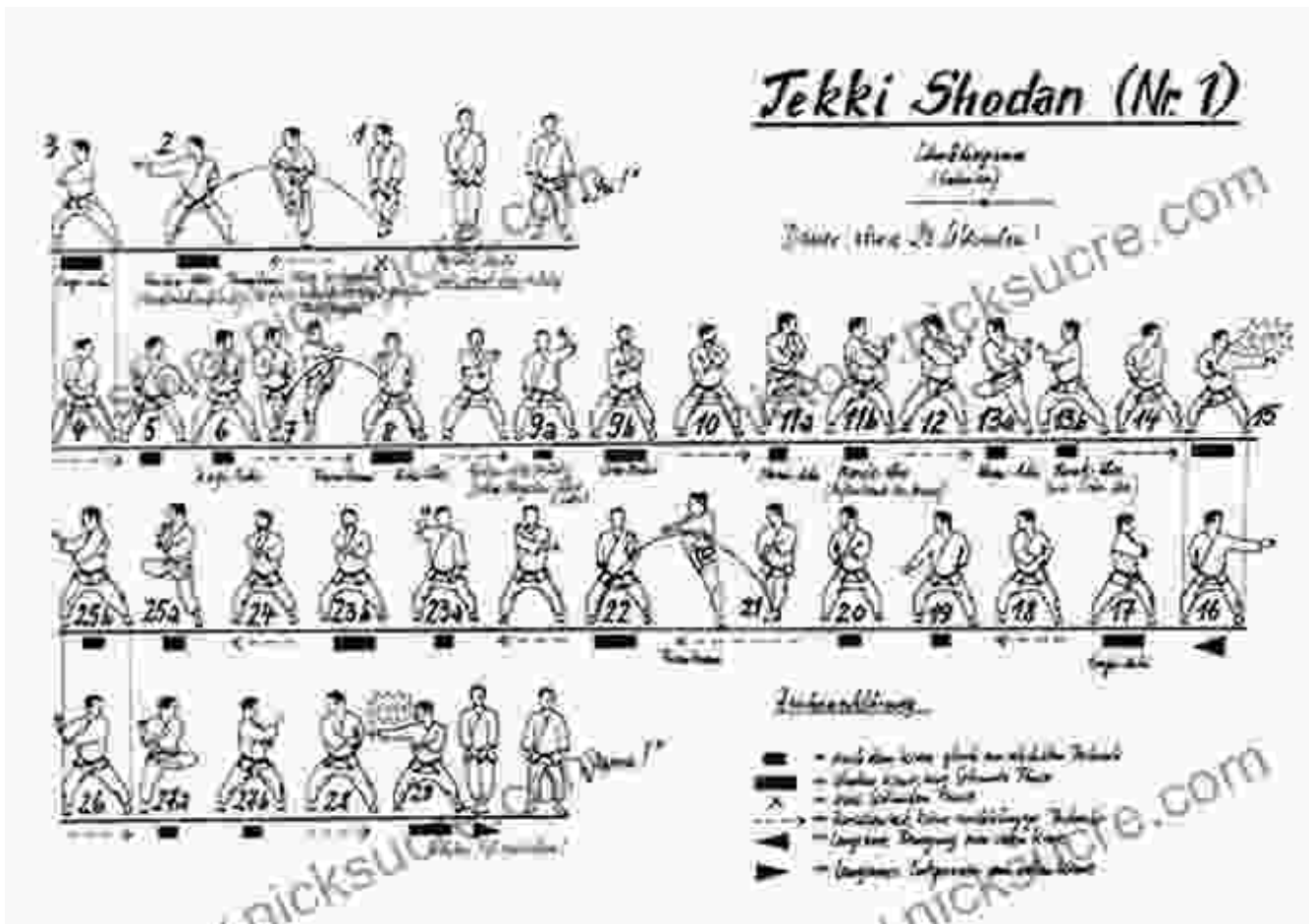
Heian Godan

Heian Godan is the fifth and final kata in the Heian series. It is a very challenging kata that consists of 42 movements. Heian Godan is designed to teach a variety of advanced techniques, including combination strikes, blocks, and counters.



Tekki Shodan

Tekki Shodan is the first kata in the Tekki series. It is a relatively simple kata that consists of 26 movements. Tekki Shodan is designed to teach the basic principles of Tekki karate, including stance, footwork, and strikes.



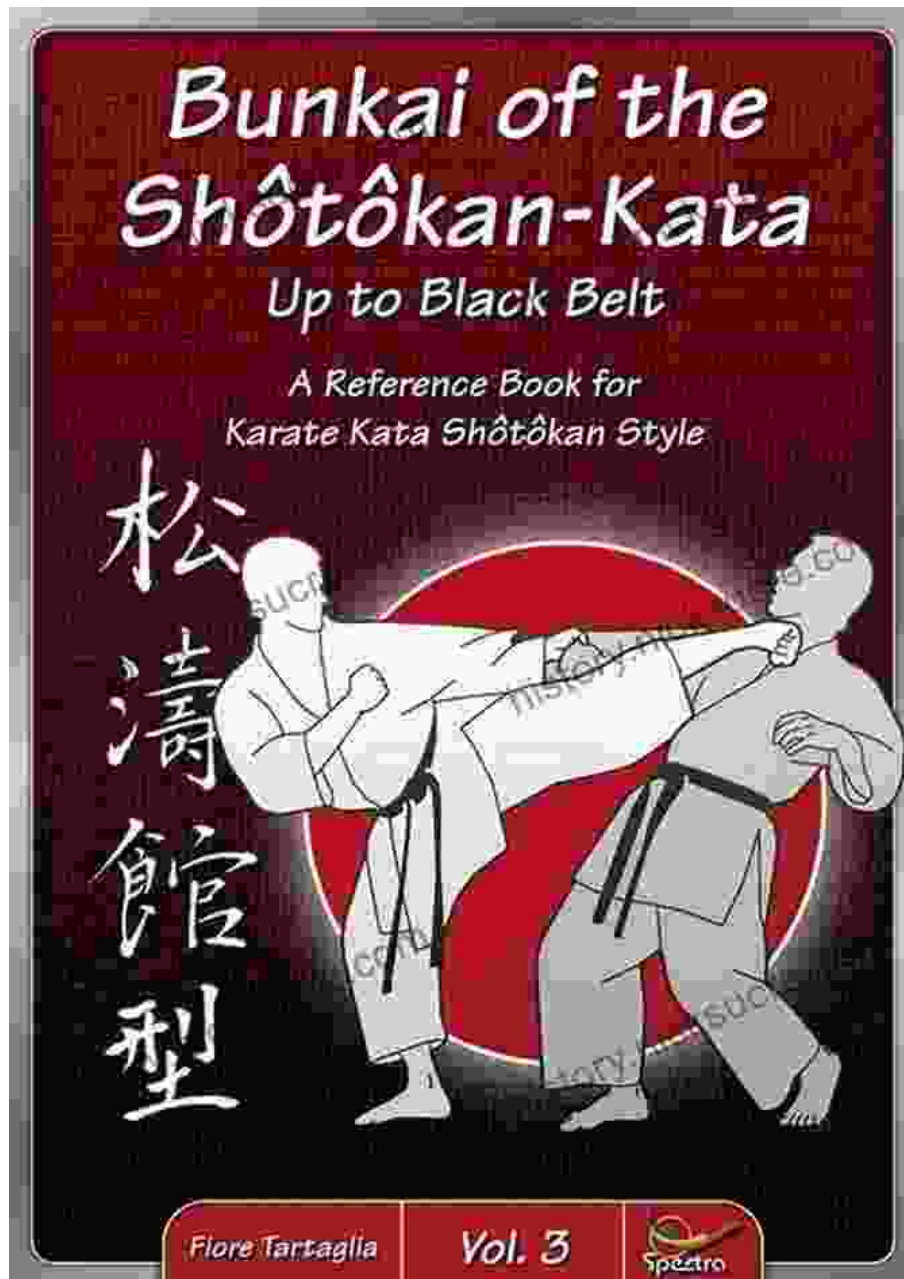
Tekki Nidan

Tekki Nidan is the second kata in the Tekki series. It is a slightly more challenging kata than Tekki Shodan and consists of 30 movements. Tekki Nidan is designed to teach more advanced techniques, including blocking, countering, and combination strikes.



Tekki Sandan

Tekki Sandan is the third and final kata in the Tekki series. It is a very challenging kata that consists of 36 movements. Tekki Sandan is designed to teach a variety of advanced techniques, including foot sweeps, throws, and takedowns.



Bassai Dai

Bassai Dai is a powerful kata that consists of 48 movements. It is designed to teach a variety of advanced techniques, including strikes, blocks, and counters.

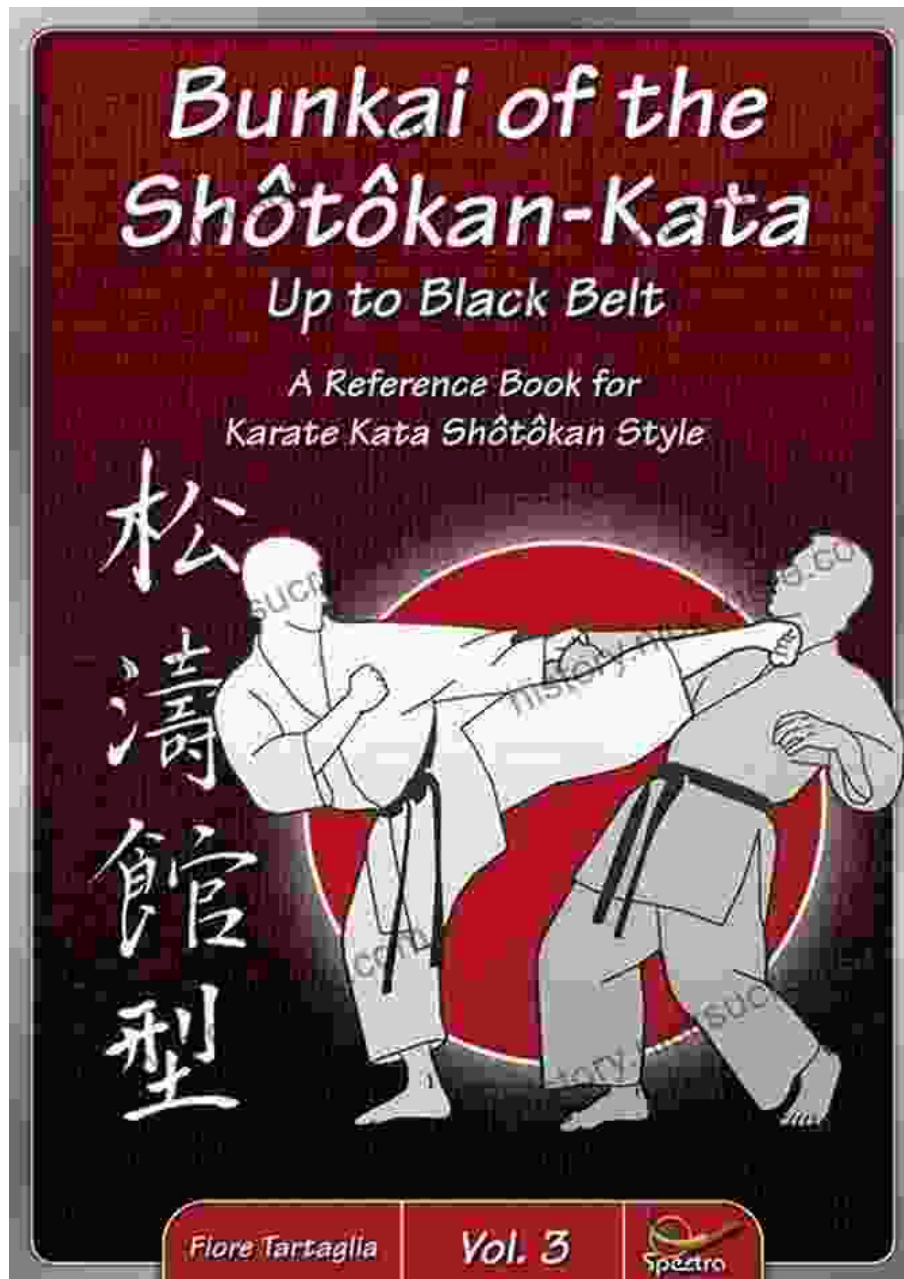
Bassai Dai Tutorial



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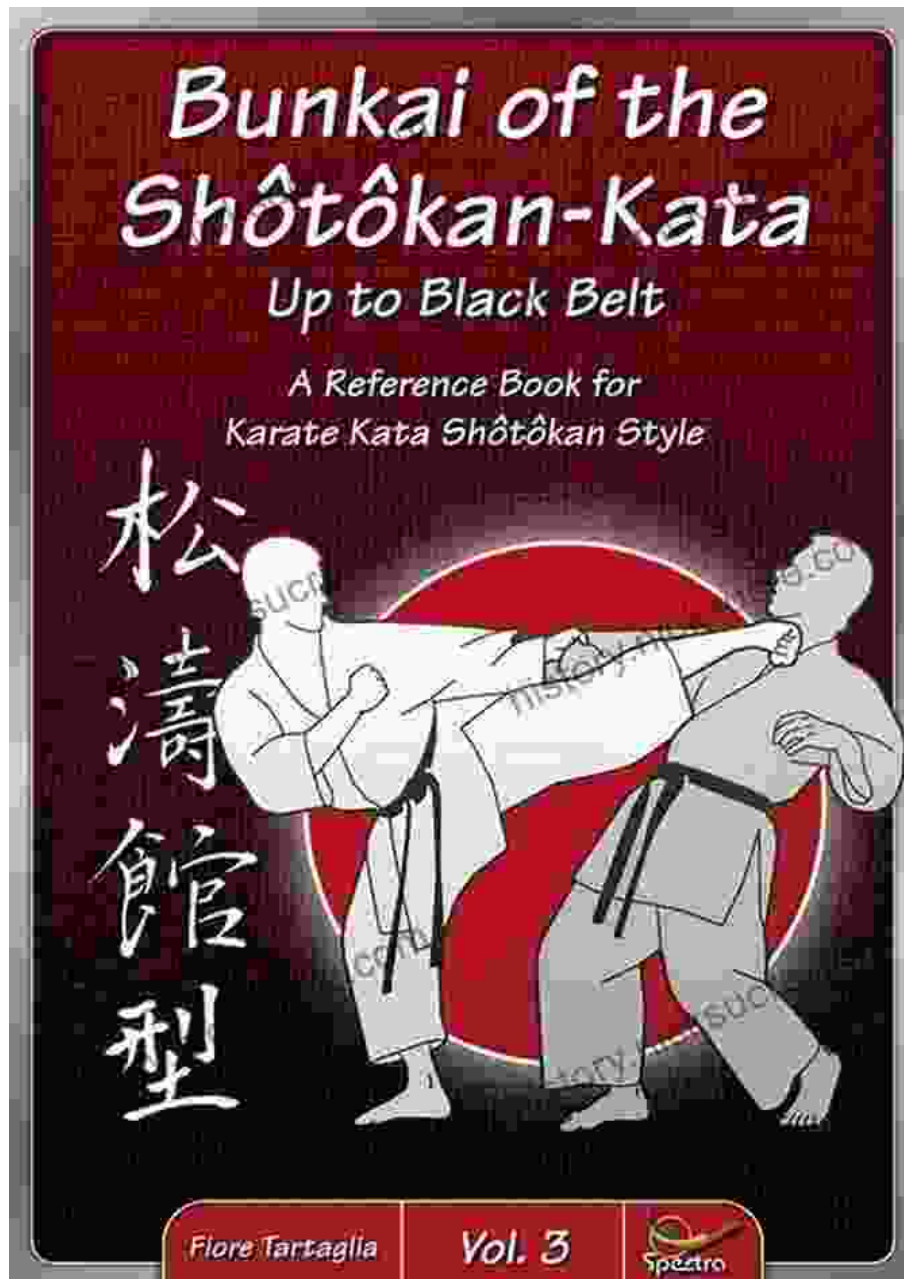
Kanku Dai

Kanku Dai is a complex kata that consists of 64 movements. It is designed to teach a variety of advanced techniques, including stances, footwork, and strikes.



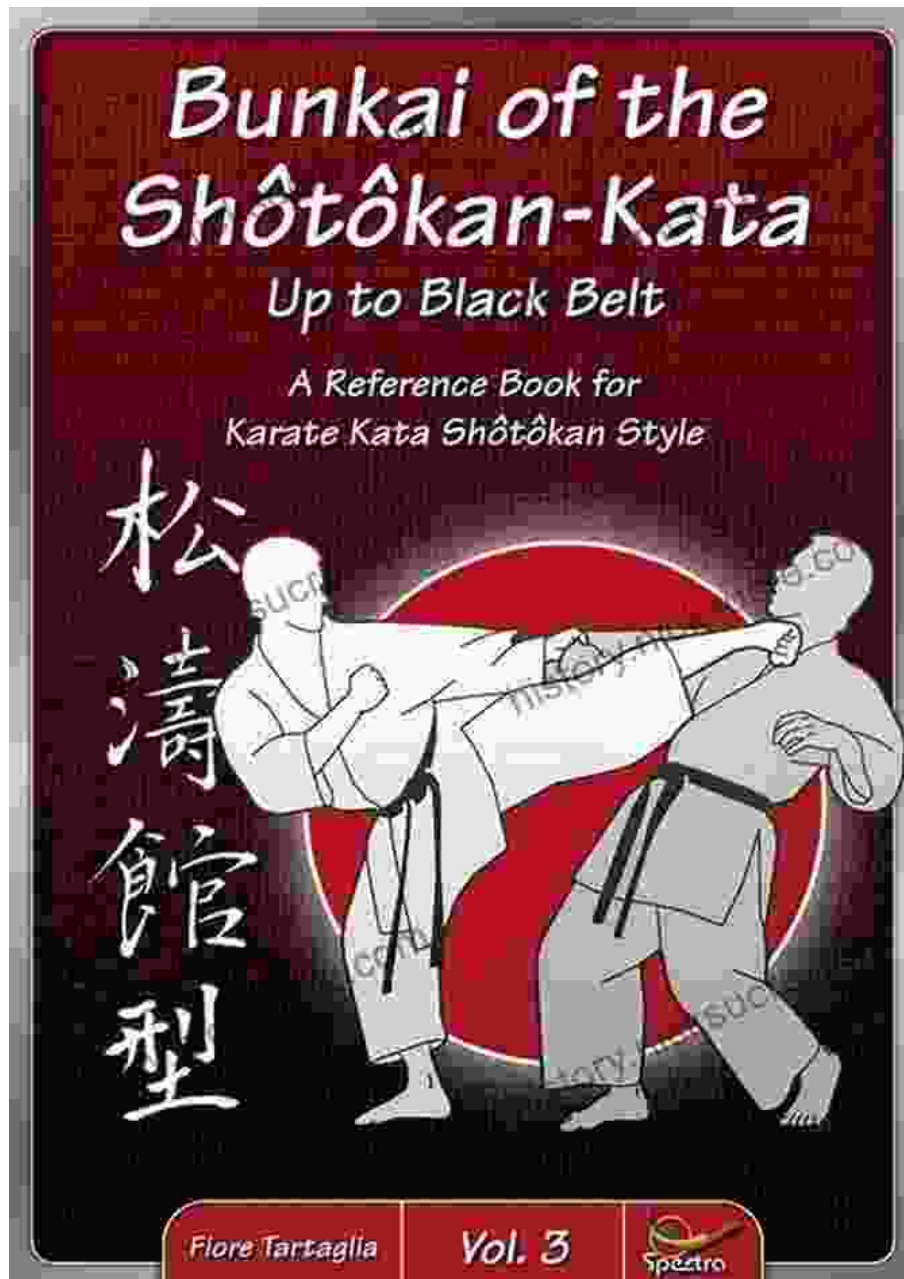
Empi

Empi is a short but powerful kata that consists of 20 movements. It is designed to teach a variety of advanced techniques, including strikes, blocks, and counters.



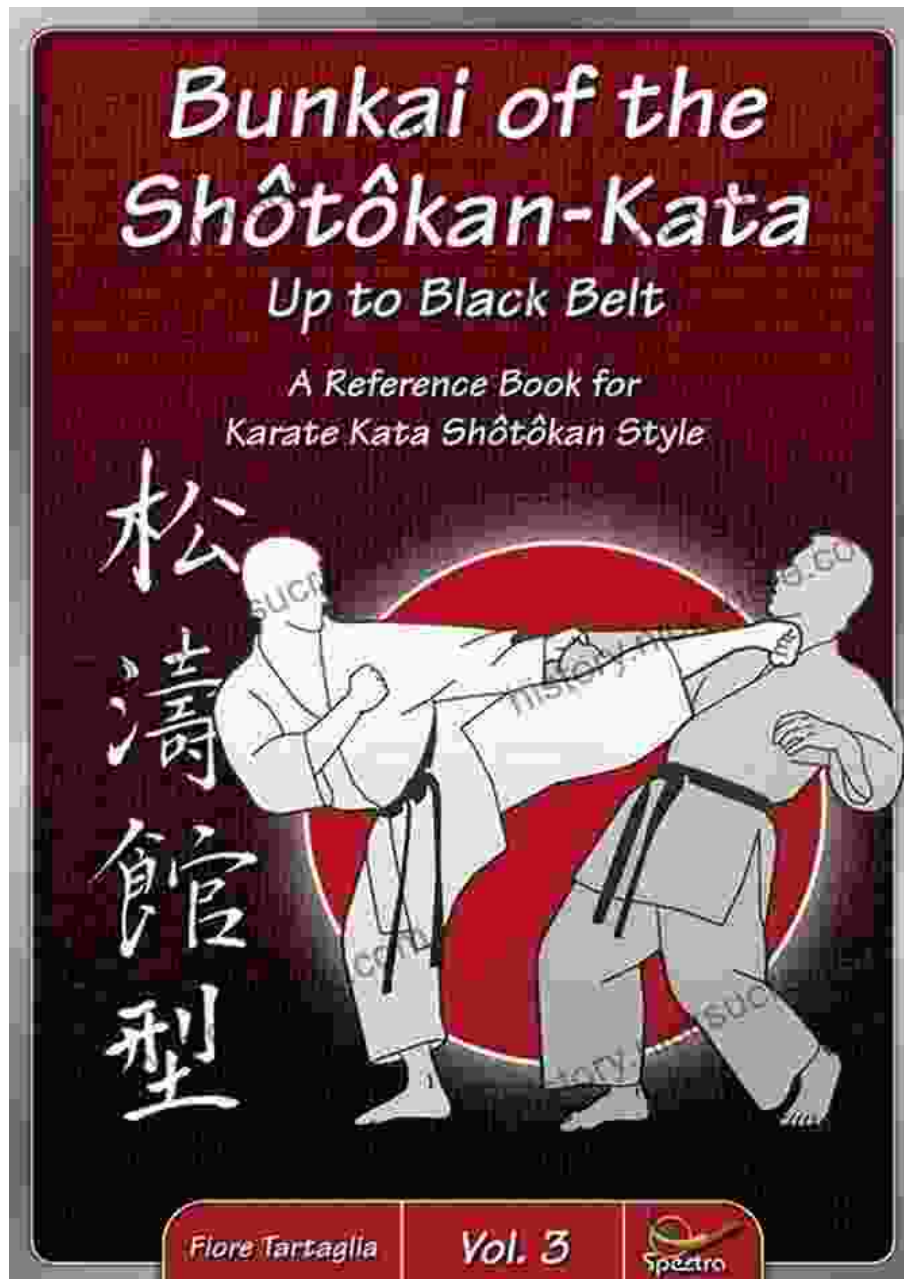
Hangetsu

Hangetsu is a beautiful kata that consists of 30 movements. It is designed to teach a variety of advanced techniques, including stances, footwork, and strikes.



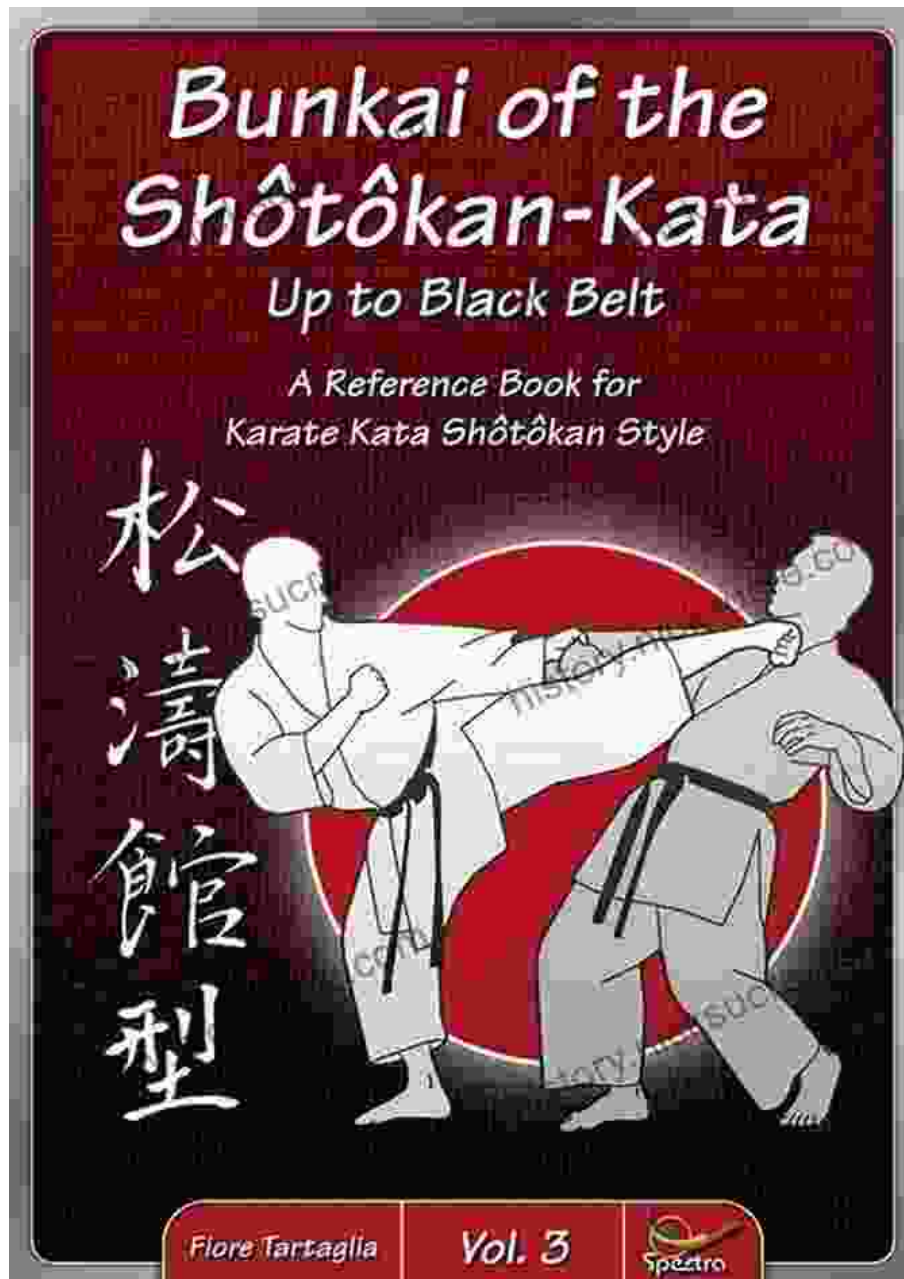
Seienchin

Seienchin is a challenging kata that consists of 58 movements. It is designed to teach a variety of advanced techniques, including stances, footwork, and strikes.



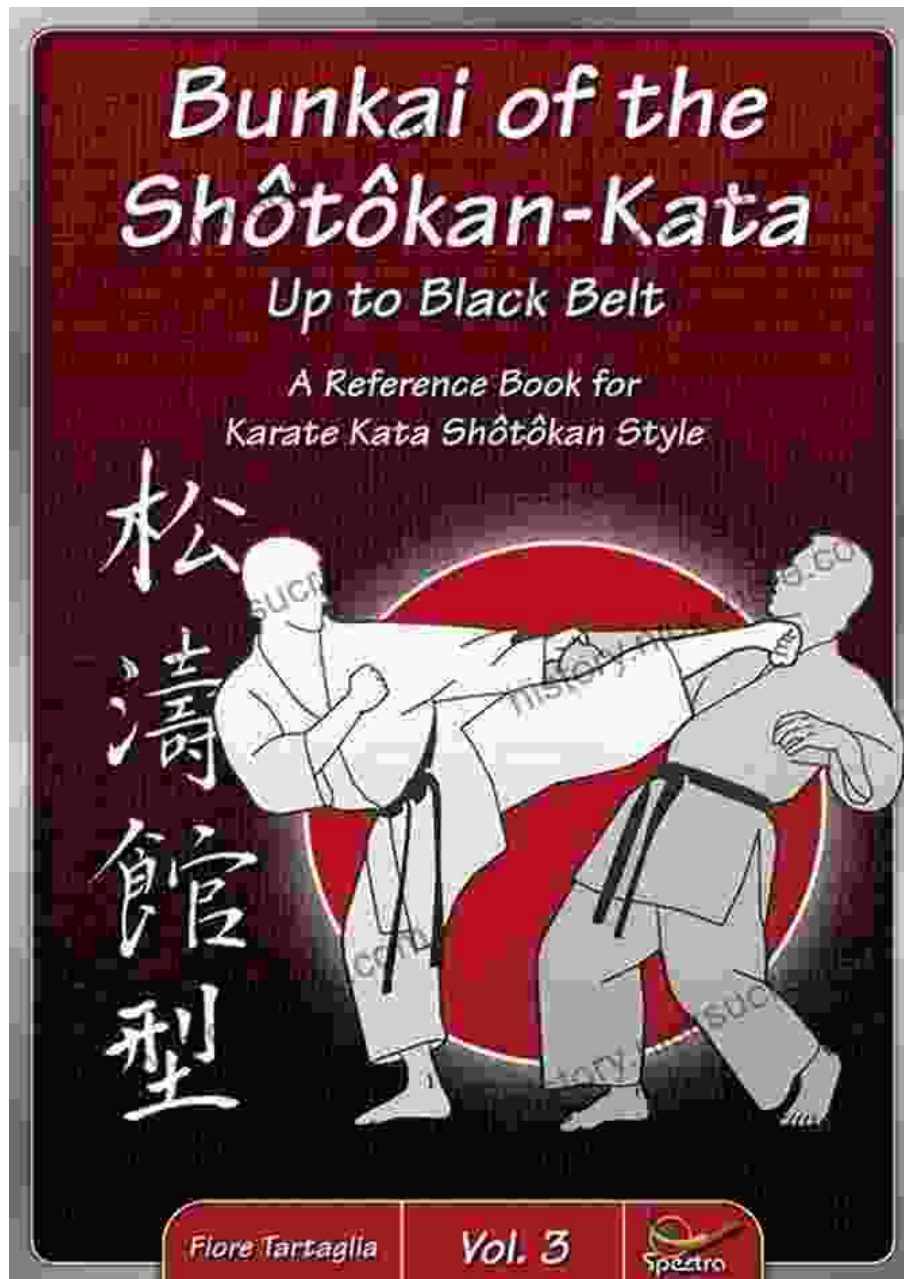
Gankaku

Gankaku is a powerful kata that consists of 86 movements. It is designed to teach a variety of advanced techniques, including stances, footwork, and strikes.



Jion

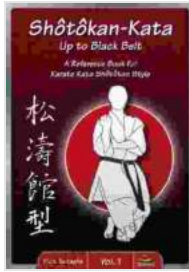
Jion is a complex kata that consists of 103 movements. It is designed to teach a variety of advanced techniques, including stances, footwork, and strikes.



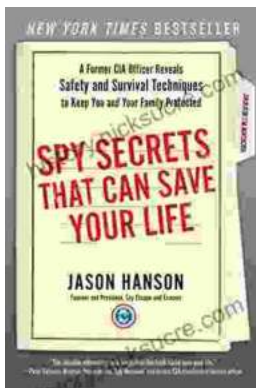
The 26 kata required for advancement up to black belt in Shotokan karate are a valuable resource for developing a variety of skills. By practicing these kata regularly, you will improve your balance, coordination, power, speed, and self-defense skills.

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