

Complete Shotokan Kata Guide

Kata Name	Meaning	Type	Moves	Time (sec)
Heian Shodan	Peaceful Mind #1	Shorin	21	40
Heian Nidan	Peaceful Mind #2	Shorin	26	42
Heian Sandan	Peaceful Mind #3	Shorin	20	40
Heian Yondan	Peaceful Mind #4	Shorin	27	50
Heian Godan	Peaceful Mind #5	Shorin	23	50
Tekki Shodan	Iron Horse #1	Shorei	29	50
Tekki Nidan	Iron Horse #2	Shorei	24	50
Tekki Sandan	Iron Horse #3	Shorei	36	50
Bassai Dai	Storm a Fortress (Major)	Shorin	42	60
Bassai Sho	Storm a Fortress (Minor)	Shorin	27	55
Kanku Dai	View the Sky (Major)	Shorin	65	90
Kanku Sho	View the Sky (Minor)	Shorin	48	70
Jion	Temple Sound	Shorei	47	60
Jitte	Ten Hands	Shorei	24	55
Ji'in	Temple Ground	Shorei	26	55
Empi	Flying Swallow	Shorin	37	60
Hangetsu	Half Moon	Shorei	41	75
Gankaku	Crane on a Rock	Shorin	42	70
Sochin	Tranquil Strength	Shorei	40	60
Nijushiho	24 Steps	Shorin	33	65
Chinte	Unusual Hands	Shorei	32	65
Meikyo	Bright Mirror	Shorin	33	65
Wankan	King's Crown	Shorin	16	40
Unsu	Cloud Hands	Shorin	48	75
Gojushiho Dai	54 Steps (Major)	Shorin	62	85
Gojushiho Sho	54 Steps (Minor)	Shorin	65	85