

- *Heian shodan*
- *Heian nidan*
- *Heian sandan*
- *Heian yondan*
- *Heian godan*
- *Tekki shodan*
- *Tekki nidan*
- *Tekki sandan*
- *Bassai dai*
- *Bassai shō*
- *Kanku dai*
- *Kanku shō*
- *Jion*

# KARATE KATA

## TOUS LES KATAS SHOTOKAN

- *Jiin*
- *Empi*
- *Jitte*
- *Hangetsu*
- *Gankaku*
- *Sōchin*
- *Meikyō*
- *Ninjūshiho*
- *Unsū*
- *Wankan*
- *Gojūshiho dai*
- *Gojūshiho shō*
- *Koryū Gankaku*



# Guide Karate Katas

**Sandro Naletto**



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