

Shotokan Kata Name Translations

Shodan Kata-(Taikayuku Shodan) - First Cause (or First Kata)

Pinan (Peian, Heian) Shodan-- Peaceful Mind 1

Pinan Nidan- Peaceful Mind 2

Pinan Sandan- Peaceful Mind 3

Tekki Shodan- Horse stance kata 1

Bassai Dai- To Penetrate a Fortress

Empi - Flying Swallow

Hangetsu- Half Moon

Kanku Dai- View the Sky

Jion-- This kata retains its original name. Probably was conceived by a monk associated with the Buddhist 'Jion" temple of ancient China.

Gojushiho Dai - 54 steps

Chinte- Unusual Hands

Ji'in- Temple Ground- (the protective ground of the Jion temple)

Other Kata Name Translations

Goshin Jitsu Shiho - The Art of Self Defense - from a TKD form.

Kitsenay- The Fox - a Ju- Jitsu form.

Kempo - Kempo form 6- a Kempo Karate form.