

KATA KENPO / KEMPO	
LISTE DE KATAS NICK CERIO'S KENPO	
Blocking form 1 – 2 – 3 – 4 – 5 Pinan 1 – 2 – 3 Circle of the Tiger Statue of the Crane	Cat 1 – 2 – 3 Circle of the Leopard Circle of the Panther Lin Wan Kune
* Tous les autres katas de Kenpo/Kempo sont acceptés	

KATA TRADITIONNEL	
LISTE DE KATAS TRADITIONNELS JAPONNAIS / OKINAWA	
Annan Annanko Aoyagi Bassai/Passai – Matsumura Bassai/Passai – Tomari Bassai/Passai Dai Bassai/Passai Sho Chinte Chinto – Tomari (Shotokan: Gankaku Sho) Chinto (Shotokan: Gankaku) Fukyu (all versions) Gekisai 1 and 2 Gojushiho Dai Gojushiho Sho Hakutsuru/Hakucho Hangetsu Heiku Jiin Jion Jitte Juroku Kanchin Kanku Dai (Shorin-Ryu Kusanku Dai or Shito-Ryu Kosokun Dai) Kanku Sho (Shorin-Ryu Kusanku Sho or Shito-Ryu Kosokun Sho) Kanshiwa Kanshu Kosokunshiho (Shito-Ryu) Kururunfa	Kusanku – Chatanyara Meikyo Nipaipo (Standard Shito Ryu version only) / Nijuhachiho (Shotokan) Niseishi (Shotokan : Nijushiho) Paiku Paipuren Pinan / Heian 1 – 5 Rohai Saifa Sanchin Sanseiru Sanseiru (Uechi-Ryu version) Seichin Seipai Seirui Seisan (all versions) Seiunchin Shinpa Shishochin Sochin (Shotokan and Shito-Ryu versions) Sunsu (Isshin Ryu) Suparinpei/Peichurrin Taikyoku (all versions) Tekki 1 – 3 (Okinawan: Naihanchi) Tensho Unshu (Shito Ryu) Unsu (Shotokan) Wankan (Shotokan) Wankan (Shito Ryu: Matsukaze) Wansu (Shotokan : Empi)
*Tous les autres katas qui ne sont pas Traditionnels/Japonais/Okinawa doivent s'inscrire dans la division CRÉATIVE ou EXTRÊME. Voir les règlements.	