

Shintani Wado Kai Karate Federation



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October 2014

SWKKF Policy #13 – Approved Kata List SWKKF

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SWKKF KATA

FROM	TO	MANDATORY as directed by National Grading Board	OPTIONALS TO THE CLUB
KYU BELT LEVEL			
White	Yellow	Pinan Shodan	Power Kata (Also known as Chikata)
Yellow	Orange	Pinan Nidan (Perfection of Above)	Chonan
Orange	Green	Pinan Sandan (Perfection of Above)	Chonan Shodan
Green	Blue	Pinan Yodan (Perfection of Above)	Tekki Shodan Shopai
Blue	Brown	Pinan Godan (Perfection of Above)	Seisho Sankio
Brown	Red	Kushanku (Perfection of Above)	
BLACK BELT LEVEL			
Brown	Shodan	Kushanku (Perfection of Above)	Teisho Chocodo
Shodan	Nidan	Seishan Naihanchin (Perfection of Above)	Taisei Gensho Shodan
Nidan	Sandan	Chinto (Perfection of Above)	Kempei Seipai Teisho Dai
Sandan	Yodan	Wanshu (Perfection of Above)	Sei Shun Tei Kumsho
Yodan	Godan	Perfection of Above	Gahanshu Gensho

SHINDO KATA LIST

Below is a list of kata guidelines for Shindo ranks and the approximate SWKKF rank at which the Shindo rank should be awarded. In order to be awarded the indicated Shindo rank, the students must demonstrate the ability to perform the associated kata. Refer to the SWKKF grading manual for rank information, timelines and age recommendations for awarding ranks.

KARATE RANK	SHINDO KATA	SHINDO RANK
White to Yellow belt	Chonan no Shindo	White Stripe
White to Green belt	Shindo Nidan	White Stripe
Green to Blue belt	Cio Bo Tie	Green Stripe
Blue to Black belt	Seishan no Shindo	Brown Stripe
1 st Dan	Kushanku no Shindo	First Gold Stripe
2 nd Dan	Taisei no Shindo	
3 rd Dan	Chinto no Shindo	
4 th Dan	Wanshu no Shindo	2 nd Gold Stripe (Yudansha Level)

BO KATA LIST

Siushi No Kon Shu

President - SWKKF

Name: _____

Signature: _____

Secretary General - SWKKF

Name: _____

Signature: _____

Kata Committee - Chair

Name: _____

Signature: _____



Committee Members
