

Shintani Wado Kai Karate Federation



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SWKKF Policy #13 – Approved Kata List SWKKF

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SWKKF KATA

FROM	TO	MANDATORY as directed by National Grading Board	SHINTANI KATAS
KYU BELT LEVEL			
WHITE	YELLOW	PINAN SHODAN	POWER KATA (CHIKATA)
			CHONAN (Option at white or yellow belt)
YELLOW	ORANGE	PINAN NIDAN (Perfection of Above)	CHONAN (Option at white or yellow belt)
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 (Perfection of Above)	TAISEI
		NAIHANCHIN (Perfection of Above)	GENSHO SHODAN
NIDAN	SANDAN	CHINTO (Perfection of Above)	KEMPEI
			SEIPAI
			TEISHO DAI
SANDAN	YODAN	WANSHU (Perfection of Above)	SEI SHUN TEI
			KUMSHO
YODAN	GODAN	GENSHO SHODAN	GAHANSHU
		SEISHO	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	SEISHIN 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)
5 TH DAN	GENSHO SHODAN NO SHINDO	

BO KATA LIST

Siushi No Kon Shu

President - SWKKF

Name: _____

Signature: _____

Secretary General - SWKKF

Name: _____

Signature: _____

Kata Committee - Chair

Name: _____

Signature: _____



Committee Members
