

APPENDIX VIII
Approved kata list and competitor range

Heian Shodan	9th - 4th Kyu	3rd Kyu - 1st Kyu	1st Dan and all junior Dan grades up to 16 years old	2nd Dan and above (over 16 years old)
Heian Nidan				
Heian Sandan				
Heian Yondan				
Heian Godan				
Tekki Shodan				
Bassai Dai				
Kanku Dai				
Enpi				
Jion				
Hangetsu				
Kanku Sho				
Tekki Nidan				
Bassai Sho				
Kanku Sho				
Nijushiho				
Jitte				
Tekki Sandan				
Unsu				
Sochin				
Gankaku				
Meikyo				
Wankan				
Chinte				
Jiin				
Gojushiho Sho				
Gojushiho Dai				