

<b>GOJURYU</b>	<b>WADORYU</b>	<b>SHITORYU</b>	<b>SHOTOKAN</b>
<b>SHITEI*</b>  Taikyoku ghedan/jodan/ chudan/kake uke/mawashi uke/Gekisai dai ichi/Dai NI/Tensho/Saifa/Senseru	<b>SHITEI</b>  Pinan 1-2-3-4-5	<b>SHITEI</b>  Pinan 1-2-3-4-5	<b>SHITEI</b>  Heian 1-2-3-4-5 Tekki Shodan
<b>SENTEI*</b>  Seiyunchin Shisochin Sanseru Seienchin	<b>SENTEI</b>  Kusahnku Niseishi Jion Bassai Jitte	<b>SENTEI</b>  Saifa Bassai Dai Tomari no Wanshu Seienchin Kosokun Dai Seisan Rohai	<b>SENTEI</b>  Bassai Dai Jion Kanku Dai Enpi Hangetsu Jitte
<b>TOKUI*</b>  Kururunfa Seisan Suparinpei Shisochin Seipai	<b>TOKUI</b>  Chinto Naihanchi Rohai Wanshu Seishan Unsu Suparinpei	<b>TOKUI</b>  Heiku Chatanyara Kus. Sochin Matsumura Pas. Tomari Passai Chinto Nipaipo Kururunfa Seipai Gojushiho Anan Unsu Suparinpei	<b>TOKUI</b>  Tekki Nidan Tekki Sandan Bassai Sho Kanku Sho Sochin Nijushiho Chinte Jiin Meikyo Gankaku Wankan Gojushiho Dai Gojushiho Sho Unsu

\* Kata per le categorie. BAMBINI A+B, RAGAZZI e SPERANZE: Fukyukata dai Ichi, Fukyukata dai Ni, Ansei dai Ichi, Ansei dai Ni, Ansei dai San.