

# ITOSU-RYU KARATEDO OFFICIAL KATAS

## **ITOSU-ha**

Pinan 1-5 / Jitte / Jion / Jiin / Bassai-dai / Bassai-sho / Kusanku-dai / Kusanku-sho / Shiho Kusanku / Naifanchi 1-3 / Wanshu / Chinto / Chintei / Rohai 1-3 / Gojushiho / Chinshu (*missing: only the name was passed down*) / Wandaun (*missing: only the name was passed down*)

## **MATSUMURA-ha**

Seisan / Bassai

## **HIGAONNA-ha**

Gekisai 1-2 / Sanchin / Tensho / Seisan / Seipai / Seienchin / Sanseiru / Saifa / Shisochin / Kururunfa / Suparinpei

## **ARAGAKI-ha**

Sochin / Niseishi / Unshu

## **MATSUMORA-ha**

Bassai / Rohai / Wankan / Chinto / Wanshu

## **ISHIMINE-ha**

Bassai

## **KUNIYOSHI-ha**

Kusanku

## **SHINA KENPO KAKUHO**

Haffa / Papuren / Nipaipo

## **OTHER**

Aoyagi (Created by Master Kenwa Mabuni)

## **BASIC KATA**

Kihon Kata 1-10

## **KUMITE**

Yakusoku Kumite 1-10 / Tanren Kumite / Hokei Kumite (Pinan Kumite) 1-5

## **THROWING TECHNIQUES**

1. Tani Otoshi / 2. Gyaku Nage / 3. Ganseki Nage / 4. Byobu Gaeshi / 5. Mizunagashi / 6. Taisha / 7. Gyaku Hiki / 8. Shikoro Gaeshi / 9. Mizu Guruma / 10. Hiza Kudaki / 11. Hiza Gaeshi

## **BLOCKING METHODS**

Uke no Gogensoku

## **OTHERS**

Shiho Taisabaki, Hijiate-Goho, Shuto-uchi Sanpo, Kakete Tanren,