

LISTE KATAS DE LA FLAM

POUSSIN (-8 ans) :

SHOTOKAN	WADO RYU	SHITO RYU	GOJU-RYU
Taikyoku Shodan	Kihon Kata Shodan	Shiozuki 1	Shi Ho Uke Ichi
Taikoku Nidan	Kihon Kata Nidan	Shiozuki 2	Shi Ho Uke Ni
Taikoku Sandan	Pinan Nidan	Juni Nokata Shodan	Shi Ho Uke San
Heian Shodan	Pinan Shodan	Juni Nokata Nidan	Fuki Kata Dai Ichi
Heian Nidan	Pinan Sandan	Pinan Nidan	Fuli Kata Dai Ni
Heian Sandan		Pinan Shodan	
		Pinan Sandan	

PUPILLES (8 à -10 ans) :

SHOTOKAN	WADO RYU	SHITO RYU	GOJU-RYU
Taikyoku Shodan	Kihon Kata Shodan	Shiozuki 1	Shi Ho Uke Ichi
Taikoku Nidan	Kihon Kata Nidan	Shiozuki 2	Shi Ho Uke Ni
Taikoku Sandan	Pinan Nidan	Juni Nokata Shodan	Shi Ho Uke San
Heian Shodan	Pinan Shodan	Juni Nokata Nidan	Fuki Kata Dai Ichi
Heian Nidan	Pinan Sandan	Pinan Nidan	Fuli Kata Dai Ni
Heian Sandan	Pinan Yodan	Pinan Shodan	Gekisai Dai Ichi
Heian Yodan	Pinan Godan	Pinan Sandan	Gekisai Dai Ni
Heian Godan		Pinan Godan	
		Pinan Yodan	

BENJAMINS (10 à -12 ans) :

SHOTOKAN	WADO RYU	SHITO RYU	GOJU-RYU
5 Heian	5 Pinan	5 Pinan	Fuki Kata Dai Ichi
Tekki-Shodan	Naifanchchi Shodan	Saifa	Fuli Kata Dai Ni
Bassai-Dai	Bassai	Bassai Dai	Gekisai Dai Ichi
Jion	Seishan	Jion	Gekisai Dai Ni
Kanku-Dai	Chinto	Kosokun Dai	Saifa
			Seiyunchin
			Shisochin

MINIMES (12 à -14 ans):

SHOTOKAN	WADO RYU	SHITO RYU	GOJU-RYU
5 Heian	5 Pinan	5 Pinan	Gekisai Dai Ichi
Tekki-Shodan	Naifanchchi Shodan	Saifa	Gekisai Dai Ni
Bassai-Dai	Bassai	Bassai Dai	Saifa
Jion	Jion	Jion	Seiyunchin
Kanku-Dai	Kushanku	Kosokun Dai	Kururunfa
Enpi	Wanshu	Enpi	Shisochin
Nijushiho-Sho	Niseishi	Niseishi	Sanseru
Kanku-Sho	Chinto	Sanseru	Seipai
Sochin	Seishan	Seipai	
Goju Shiho-Sho		Shisochin	

CADETS (14 à -16 ans), JUNIORS (16 à - 18 ans), SENIORS (+18 ans et plus):

KATAS SHOTOKAN (21)

Bassai-Dai	Hangetsu	Goju Shiho-Dai
Bassai-Sho	Jitte	Goju Shiho-Sho
Kanku-Dai	Enpi	Chinte
Kanku-Sho	Gankaku	Unsu
Tekki-Shodan	Jion	Meikyo

Tekki-Nidan	Sochin	Wankan
Tekki-Sandan	Nijushiho-Sho	Jiin

KATAS WADO-RYU (12)

Kushanku	Bassai	Jion
Naihanchi	Niseishi	Jitte
Seishan	Rohai	
Chinto	Wanshu	

KATAS GOJU-RYU (10)

Sanchin	Sanseru	Suparimpei
Saifa	Seisan	Tensho
Seiyunchin	Seipai	
Shisochin	Kururunfa	

KATAS SHITO-RYU (43)

Jitte	Seienchin	Sanseiru
Jion	Sochin	Saifa
Jiin	Niseishi	Shisochin
Matsukaze	Gojushiho	Kururunfa
Wanshu	Unshu	Suparimpei
Rohai	Seisan	Hakucho
Bassai Dai	Naifanchin Shodan	Pachu
Bassai Sho	Naifanchin Nidan	Heiku
Tomari Bassai	Naifanchin Sandan	Paiku
Matsumura Bassai	Aoyagi (Seiryu)	Annan
Kosokun Dai	Jyuroku	Annanko
Kosokun Sho	Nipaipo	Papuren
Kosokun Shiho	Sanchin	Chatanyara Kushanku
Chinto	Tensho	
Chinte	Seipai	