

KATA TRAINING

Mon	Di	Mit	Do	Fri
HEIAN 1	HEIAN2	HEIAN 3	HEIAN 4	HEIAN 5
TEKKI 1	TEKKI 2	TEKKI 3	KANKU DAI	GANKAKU
JION	BASSAI DAI	UNSU	KANKU SHO	GOJUSHIHOS
JIIN	BASSAI SHO	CHINTE	SOCHIN	GOJUSHIHOD
JITTE	WANKAN	HANGETU	NIJUSHIHO	ENPI
MEIKYO				

Kata Family Training