

American FreeStyle Shorei/shorin Karatedo– KATAS

Required for Black Belt: 10–EMPTY HAND Kata's –Weapons–BO & SWORD KATA

BRONZE TOMOE-2 /SILVER TOMOE-5/GOLD TOMOE-10/DIAMOND-17KATA-(PINNACLE)

AKANA TEACHING RENEWAL –5 BLACK BELT KATA

Note: **AKANA-SUN & MOON BELT TEST ONCE A YEAR & BB RENEWAL**

White – 1 st . ShoDan–required		WEAPONS	
1A.YELLOW	Left Pivot (American Open) (COUNT AS 1)	L–BO	
1B. ADV.YEL	Right Pivot(American Open) (COUNT AS 1)	R–BO	
2.A GOLD 2B ADV GL	H– Pattern I (American Open– freestyle)	BO–1	
3.A orange 3.B.AADV OR	H – Pattern II (American Open)	BO–II	
4.A GR 4B–ADV GR	H– Pattern III (American Open)	BO–III	
5.A BL 5.B ADV BL	Enpi (Okinawan–Shotokan)		
6.A PURPLE 6.B–ADV PUR	Sister (American OPEN/ FreeStyle)	BO--Royon Bo Yondon	
7A–RED 7B–ADV RED	Lion (American Open/Freestyle)	Sword 1 – 3	
8A. BR 8.B–ADV BR	Brother (American OPEN/ FreeStyle)	Sword 4 – 6	
9A–IKKYU	Haka Tsurui Sho (shuri-ryu–GM Robert Bowles)	Sword 7 – 9	
10.SHODAN	Sanchin (Okinawan–Shuri), (2-swords kata-50 moves-optional)	Sword 10-12)	

The Candidate may Substitute one kata with permission  (1/27/23)