

KATA OF THE PINNACLE

(Spelling of names of kata are as they appear in The Pinnacle of Karate)

ANAKU KATA– A Swallow On The Beach, and Pivoting Form

BASSI DAI KATA- Breaking the Giants Enemies Circle or Breaking Through the Fortress Form

DAN ENN SHO KATA- Cutting and Clawing Through Fire or Tsume Form

EMPI SHO KATA-Flying Swallow or First Elbow (Enbi) Form

GO PEI SHO KATA- Advance Tearing Peacock or Kuju Ku Form

KAN KU SHO KATA-Flowing Lagoon-Sky Form

NAI HAN CHI SHO KATA-Iron Horse, Missing Enemy Form

NAI HAN CHI NI KATA- Iron Horse, Missing Enemy Form

NAI HAN CHI SAN KATA-Iron Horse, Missing Enemy Form

NAN DAN SHO KATA-Smooth Water-24 Steps-Difficult Victory Form

SANCHIN KATA– Original Pupil Breath and Three Conflicts Form

TE KATANA KATA- Gimku Chu-Knife-Sai Form

TEN SHO KATA- Thousand Hands-Heaven Breath Form

TSUE SHO KATA-The Way of the Bo form

WUNSU KATA- Strong Arm Dumping Form

Tai Kyoku Kata–Exercises, First basic steps, First Cause