

Kata List from the Table of Contents of R. A. Trias' book
published 1963:

Karate is My Life Advanced Black Belt Training Manual

Twelve Step

Omoto Ten No Kata

Taihyoko

Gopeisho

Gakisei

Nekobuto I

Kururunha

Naifunchin

San Chin

Tegatana

Nandansho [Nijushiho]

Seipei

Kankusho

He also recommended that black belt holders learn the Pinan/Heian series, but suggested that they be found in other karate books. Assuredly, he taught other kata. These were the kata that O-Sensei Trias and Hanshi Phil Perales put together for this book.