



ASHIHARA KARATE

KATA SYLLABUS

Approved by Kancho
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Listed below are katas that each belt level is responsible to learn. You must always know the katas that you learned at a previous level in addition to learning the new ones designated for your current level.

Kata

Shoshinsha no kata sono ichi
Shoshinsha no kata sono ni
Shoshinsha no kata sono san
Nage no kata sono ichi
Nage no kata sono ni
Nage no kata sono san
kihon no kata sono ichi
Kihon no kata sono ni
Kihon no kata sono san
Kumite no kata sono ichi
Kumite no kata sono ni
Kumite no kata sono san
Kumite no kata sono yon
Kumite no kata sono go
Jissen no kata sono ichi
Jissen no kata sono ni

SHOSHINSHA NO KATA SONO ICHI



1. Kumite no kamae
2. FOR R CHUDAN TSUKI:
L chudan soto uke, R jodan tsuki
3. FOR R JODAN TSUKI:
L jodan soto uke, R jodan tsuki, R chudan mawashi geri,
follow through, face the opposite direction
4. FOR L CHUDAN TSUKI:
L gedan barai, R jodan tsuki
5. FOR L JODAN TSUKI:
L shuto uke while positioning, R jodan tsuki,
switch feet, L chudan mawashi geri, face the front
6. FOR R MAE GERI:
L soto uke, R jodan tsuki, R chudan mawashi geri, place
foot down behind
7. FOR L MAE GERI:
L gedan barai, R gedan mawashi geri, L chudan mawashi
geri
8. FOR L CHUDAN MAWASHI GERI:
L soto hiji-hiza double block, R-L mawashi uke, L hiza
geri, maki komi nage, face the rear
9. FOR R CHUDAN MAWASHI GERI:
L uchi hiji-hiza double block, L-R mawashi uke, R hiza
geri, maki komi nage, sabaki
10. R tsuki, kumite no kamae

SHOSHINSHA NO KATA SONO NI



1. Kumite no kamae

2. FOR R MAE GERI:
L soto uke, R chudan tsuki, L jodan tsuki, R jodan hook

3. FOR R MAE GERI:
L soto uke, L-R nihon tsuki, R uchi momo geri,
pull R foot back turning 180⁰ clockwise, pulling the
opponent down

4. FOR L MAE GERI:
L gedan barai, R chudan tsuki, L jodan tsuki, R jodan
hook

5. FOR L MAE GERI:
L gedan barai, L-R nihon tsuki, R jikuashi geri, face the
front

6. FOR R JODAN TSUKI:
L jodan soto uke, R chudan hook, L jodan shita tsuki,
R jodan tsuki

7. FOR L JODAN TSUKI:
L shuto uke, R jodan tsuki, R gedan mawashi geri,
L chudan mawashi geri

8. FOR R JODAN MAWASHI GERI:
L kansetsu geri, R chudan mawashi geri, follow through,
face the rear

9. FOR L JODAN MAWASHI GERI:
R jikuashi geri, R-L mawashi uke, L gedan hiza geri,
L chudan hiza geri, maki komi nage, sabaki

10. R tsuki, kumite no kamae

SHOSHINSHA NO KATA SONO SAN



1. Kumite no kamae

2. FOR R MAE GERI:
L soto uke, R chudan mawashi geri, R tobi hiza geri

3. FOR L YOKO GERI:
L gedan barai while moving into position 4, L kansetsu geri, R jodan mawashi geri, follow through, face the opposite direction

4. FOR L MAE GERI:
L gedan barai, R-L mawashi uke, L mawashi hiza geri, L chudan mawashi geri

5. FOR R YOKO GERI:
L soto uke while moving into position 3, L kansetsu geri, R jodan mawashi geri, face the front

6. FOR R JODAN TSUKI:
L soto uke, R uchi momo geri, R jodan mawashi geri (place the foot down behind)

7. FOR L JODAN TSUKI:
L jodan shuto uke, R gedan mawashi geri, L jodan mawashi geri

8. FOR R JODAN MAWASHI GERI:
Irimi, R uchi momo geri, L ushiro mawashi geri, face the rear

9. FOR L JODAN MAWASHI GERI:
Irimi, R jikuashi geri (grab with your R hand), L jikuashi geri (grab with your L hand), pull opponents head down to your left thigh (sabaki)

10. R hiji otoshi, kumite no kamae

NAGE NO KATA SONO ICHI



1. Kumite no kamae

2. FOR R GEDAN MAWASHI GERI:
uchi sune uke, L-R mawashi uke, maki komi nage

3. FOR R MAE GERI:
L soto uke, R foot behind opponent's front leg, uranage,
face the opposite direction

4. FOR L GEDAN MAWASHI GERI:
Soto sune uke, R-L mawashi uke, maki komi nage

5. FOR L MAE GERI:
L gedan barai, L foot behind opponent's front leg,
uranage, face the front

6. FOR R JODAN MAWASHI GERI:
Irimi, L foot behind opponent's L (back) leg, LH under
the chin, uranage

7. FOR L MAE GERI:
L gedan barai, LH under the chin, uranage

8. FOR L JODAN MAWASHI GERI:
Irimi, LH under the chin, uranage, face the rear

9. FOR R JODAN MAWASHI GERI:
Irimi, R foot move in behind opponent's front leg,
RH under the chin, uranage, opponent's head to your left
thigh (sabaki)

10. R shuto uchi, hiji otoshi, kumite no kamae

NAGE NO KATA SONO NI



1. Kumite no kamae

2. FOR R GEDAN MAWASHI GERI:
uchi sune uke, L-R mawashi uke, R mawashi hiza geri, maki komi nage

3. FOR R MAE GERI:
L soto uke, R foot behind opponent's front leg, RH under the chin, L mawashi hiza geri, uranage, face the opposite direction

4. FOR L GEDAN MAWASHI GERI:
Soto sune uke, R-L mawashi uke, L mawashi hiza geri, maki komi nage

5. FOR L MAE GERI:
L gedan barai, L foot behind opponent's front leg, LH under the chin, R mawashi hiza geri, uranage, face the front

6. FOR R JODAN MAWASHI GERI:
Retract front foot, L foot behind opponent's L (back) leg, LH under the chin, R mawashi hiza geri, uranage

7. FOR L MAE GERI:
L gedan barai, LH under the chin, R hiza mawashi geri, uranage

8. FOR L JODAN MAWASHI GERI:
Irimi, LH under the chin, R mawashi hiza geri, uranage, face the rear

9. FOR R JODAN MAWASHI GERI:
Irimi, R foot move in behind opponent's front leg, RH under the chin, L mawashi hiza geri, uranage, opponent's head to your left thigh (sabaki)

10. R shuto uchi, hiji otoshi, kumite no kamae

NAGE NO KATA SONO SAN



1. Kumite no kamae
2. FOR R GEDAN MAWASHI GERI, R JODAN TSUKI:
Uchi sune uke, L soto uke, mawashi uke, R mawashi hiza geri, pull the opponent off balance, R mawashi hiza geri, maki komi nage
3. FOR R MAE GERI, R JODAN TSUKI:
L soto uke, L jodan soto uke, RH under the chin, L hiza geri, move to the opposite side of the opponent, RH under the chin, R hiza geri, ura nage, face the opposite direction
4. FOR L GEDAN MAWASHI GERI, L JODAN TSUKI:
Soto sune uke, R jodan soto uke, mawashi uke, L mawashi hiza geri, L mawashi hiza geri, maki komi nage
5. FOR L MAE GERI, L JODAN TSUKI:
L gedan barai, L jodan shuto uke, step into position 2, RH under the chin, L mawashi hiza geri, skip, R mawashi hiza geri, ura nage, face the front
6. FOR R JODAN MAWASHI GERI:
L jodan shuto uke (both hands), R chudan mawashi geri, L jodan mawashi geri, R ushiro mawashi geri
7. FOR L MAE GERI:
L gedan barai, R gedan mawashi geri, R-L mawashi uke, L mawashi hiza geri, R hiji uchi
8. FOR L JODAN MAWASHI GERI:
Irimi, R gedan mawashi geri, while moving into position 2, RH under the chin, L mawashi hiza geri, skip, R mawashi hiza geri, ura nage, face the rear
9. FOR R JODAN MAWASHI GERI:
Irimi, skip, L gedan mawashi geri, while moving into position 1, LH under the chin, R mawashi hiza geri, skip, L mawashi hiza geri, pull opponent down to your L thigh (sabaki)
10. R shuto uchi, step back, R mawashi geri, kumite no kamae

KIHON NO KATA SONO ICHI



1. Kumite no kamae
2. FOR R CHUDAN TSUKI:
L chudan soto uke, R jodan tsuki
3. FOR R JODAN TSUKI:
L jodan soto uke, R jodan tsuki, R jodan mawashi geri,
follow through, face the opposite direction
4. FOR L CHUDAN TSUKI:
L gedan barai, R jodan tsuki
5. FOR L JODAN TSUKI:
L jodan uke, R jodan tsuki, skip, L jodan mawashi geri,
face the front
6. FOR R MAE GERI:
L soto uke, R jodan mawashi geri
7. FOR L MAE GERI:
L gedan barai, move into position 4, skip, L jodan
mawashi geri
8. FOR L CHUDAN MAWASHI GERI:
L Soto hiji/hiza double block, R-L mawashi uke, L hiza
geri, maki komi nage, face the rear
9. FOR R CHUDAN MAWASHI GERI:
L uchi hiji/hiza double block, L-R mawashi uke, R mawashi
hiza geri, sabaki (the opponent remains standing)
10. R jodan tsuki, R mawashi geri, kumite no kamae

KIHON NO KATA SONO NI



1. Kumite no kamae

2. FOR R CHUDAN TSUKI:
L soto uke, R chudan mawashi geri

3. FOR R MAE GERI:
L soto uke, R jodan tsuki, R jodan mawashi geri, follow through, face the opposite direction

4. FOR L CHUDAN TSUKI:
L gedan barai, skip, L chudan mawashi geri

5. FOR L MAE GERI:
L gedan barai, R jodan tsuki, skip, L jodan mawashi geri, face the front

6. FOR R JODAN TSUKI:
L yoko geri, R jodan tsuki, R jodan mawashi geri

7. FOR L JODAN TSUKI:
L shuto uke, R jodan tsuki, R gedan mawashi geri, skip, L jodan mawashi geri

8. FOR L CHUDAN MAWASHI GERI:
L Soto hiji/hiza double block, move into position 4, R jodan tsuki, R gedan mawashi geri, skip, L jodan mawashi geri, pull the leg back turning to face the rear

9. FOR R CHUDAN MAWASHI GERI:
L uchi hiji/hiza double block, R jodan tsuki, R uchimomo geri, L-R mawashi uke, R hiza mawashi geri, sabaki (the opponent remains standing)

10. R mawashi geri, kumite no kamae

KIHON NO KATA SONO SAN



1. Kumite no kamae

2. FOR L YOKO GERI:
L gedan barai, R jodan tsuki, R gedan mawashi geri, skip,
L jodan mawashi geri

3. FOR R USHIRO MAWASHI GERI:
Move directly into position 1 (sabaki), R jodan mawashi
geri

4. FOR R USHIRO GERI:
L soto uke, R jodan tsuki, R gedan mawashi geri,
R jodan mawashi geri

5. FOR L KAKE GERI:
Skip - moving into position 2 (sabaki), L jodan mawashi
geri, face the front

6. FOR R GEDAN MAWASHI GERI:
Uchi kakato stop kick, R jodan tsuki, R jodan mawashi
geri

7. FOR L SANKAKU GERI:
L gedan barai, R ushiro mawashi shuto uchi, R ushiro
mawashi geri (simultaneously)

8. FOR L JODAN MAWASHI GERI:
Stopping opponent with L-R nihon tsuki, R jikuashi geri,
skip, L jodan mawashi geri, pull the leg back turning to
face the rear

9. FOR R JODAN MAWASHI GERI:
L shuto uke, R jodan tsuki, R uchimomo geri, sabaki

10. L ushiro mawashi geri, kumite no kamae

KUMITE NO KATA SONO ICHI



1. Kumite no kamae
2. FOR R GEDAN MAWASHI GERI:
L uchi sune uke, R gedan mawashi geri, L jodan mawashi geri
3. FOR R MAE GERI:
L soto uke, L-R mawashi uke, R mawashi hiza geri, push the opponent away, face the opposite direction
4. FOR L GEDAN MAWASHI GERI:
L soto sune uke, R gedan mawashi geri, L jodan mawashi geri
5. FOR L MAE GERI:
L gedan barai, skip, R-L mawashi uke, L mawashi hiza geri, push the opponent away, face the front
6. FOR R JODAN MAWASHI GERI:
L kansetsu geri
7. FOR L MAE GERI:
L gedan barai, R ushiro geri
8. FOR L JODAN MAWASHI GERI:
R jodan shuto uke (both hands), skip, R-L mawashi uke, L mawashi hiza geri, R hiji uchi, face the rear
9. FOR R JODAN MAWASHI GERI:
L jodan shuto uke (both hands), L-R mawashi uke, R mawashi hiza geri, maki komi nage, sabaki
10. R tsuki, R kakato geri, kumite no kamae

KUMITE NO KATA SONO NI



1. Kumite no kamae
2. FOR R GEDAN MAWASHI GERI:
L uchi sune uke, R gedan mawashi geri, R-L nihon tsuki,
L jodan mawashi geri, R ushiro mawashi geri
3. FOR R MAE GERI:
L soto uke, L-R mawashi uke, R mawashi hiza geri, pull
opponent off balance, R mawashi hiza geri, push the
opponent away, face the opposite direction
4. FOR L GEDAN MAWASHI GERI:
L soto sune uke, R gedan mawashi geri, R-L nihon tsuki,
L jodan mawashi geri, R ushiro mawashi geri
5. FOR L MAE GERI:
L gedan barai, skip, R-L mawashi uke, L double mawashi
hiza geri, push the opponent away, face the front
6. FOR R JODAN MAWASHI GERI:
L kansetsu geri
7. FOR L MAE GERI:
L gedan barai, L kansetsu geri while positioning,
R ushiro mawashi geri
8. FOR L JODAN MAWASHI GERI:
R jodan shuto uke (both hands), skip, R-L mawashi uke,
L double mawashi hiza geri, R hiji uchi, face the rear
9. FOR R JODAN MAWASHI GERI:
L jodan shuto uke (both hands), L-R mawashi uke, R double
mawashi hiza geri, maki komi nage, sabaki
10. R tsuki, R kakato geri, kumite no kamae

KUMITE NO KATA SONO SAN



1. Kumite no kamae

2. FOR R GEDAN MAWASHI GERI:
L uchi kakato stop kick, R gedan mawashi geri, L jodan mawashi geri, R ushiro mawashi geri

3. FOR R MAE GERI, R TSUKI:
L soto uke, L soto uke - L yoko geri (simultaneously) while positioning, R chudan mawashi geri, push the opponent away, face the opposite direction

4. FOR L GEDAN MAWASHI GERI:
L soto kakato stop kick, R gedan mawashi geri, L jodan mawashi geri, R ushiro mawashi geri

5. FOR L MAE GERI:
L gedan barai, R gedan mawashi geri, skip, L chudan mawashi geri, push the opponent away, face the front

6. FOR R JODAN MAWASHI GERI:
L kansetsu geri, R chudan mawashi geri, L ushiro mawashi geri, L jodan mawashi geri

7. FOR L MAE GERI:
L gedan barai, LH under the chin, R mawashi hiza geri, uranage

8. FOR L JODAN MAWASHI GERI:
R jikuashi geri, R-L mawashi uke, L mawashi hiza geri, R hiji uchi, face the rear

9. FOR R JODAN MAWASHI GERI:
L kansetsu geri, R uchimomo geri, R chudan mawashi geri, maki komi nage, sabaki

10. R tsuki, R kakato geri, kumite no kamae

KUMITE NO KATA SONO YON



1. Kumite no kamae
2. FOR R GEDAN MAWASHI GERI:
L uchi kakato stop kick, R gedan mawashi geri, R-L nihon tsuki, L jodan mawashi geri, R double ushiro mawashi geri, (the second kick may be a tobi geri)
3. FOR R MAE GERI, R TSUKI:
L soto uke, L soto uke - L yoko geri (simultaneously), while positioning, R chudan mawashi geri, pull opponent off balance, R jodan mawashi geri, face the opposite direction
4. FOR L GEDAN MAWASHI GERI:
L soto kakato stop kick, R gedan mawashi geri, R-L nihon tsuki, L jodan mawashi geri, R double ushiro mawashi geri (the second kick may be a tobi geri)
5. FOR L MAE GERI:
L gedan barai, R gedan mawashi geri, L chudan mawashi geri, L jodan mawashi geri, face the front
6. FOR R JODAN MAWASHI GERI:
L kansetsu geri, R jodan mawashi geri, L ushiro mawashi geri, L jodan mawashi geri
7. FOR L UCHIMOMO GERI:
L hikake, LH under the chin, R mawashi hiza geri, uranage
8. FOR L JODAN MAWASHI GERI:
R jikuashi geri, R-L mawashi uke, double L mawashi hiza geri, R hiji uchi, face the rear
9. FOR R JODAN MAWASHI GERI:
L kansetsu geri, R uchimomo geri, R jodan mawashi geri, maki komi nage, sabaki
10. R tsuki, R kakato geri, kumite no kamae

KUMITE NO KATA SONO GO



1. Kumite no kamae

2. FOR R MAWASHI GERI:
Irimi, R jodan mawashi geri, L ushiro mawashi geri,
L jodan mawashi geri, R ushiro mawashi geri

3. FOR R MAE GERI:
L soto uke, RH under the chin, L mawashi hiza geri,
uranage, face the opposite direction

4. FOR L MAWASHI GERI:
Skip back, L jodan mawashi geri, R ushiro mawashi geri,
R jodan mawashi geri, L ushiro mawashi geri

5. FOR L MAE GERI:
L gedan barai, LH under the chin, R mawashi hiza geri,
uranage, face the front

6. FOR R JODAN MAWASHI GERI:
L kansetsu geri, L kake geri, L ushiro mawashi geri,
L jodan mawashi geri, R ushiro mawashi geri

7. FOR L MAE GERI:
L gedan barai, L kansetsu geri, L kake geri, R ushiro
mawashi geri

8. FOR L MAWASHI GERI:
Irimi, R gedan mawashi geri, L jodan mawashi geri,
L ushiro geri to the rear, face the rear

9. FOR R MAWASHI GERI:
Irimi, uranage, L mawashi hiza geri, sabaki

10. R tsuki, R kakato geri, kumite no kamae

JISSEN NO KATA SONO ICHI



1. Kumite no kamae
2. FOR R CHUDAN TSUKI:
L soto uke while moving into position, R jodan tsuki,
R hiji uchi
3. FOR R JODAN TSUKI:
L jodan soto uke while moving into position,
L-R mawashi uke, R mawashi hiza geri, R jodan mawashi geri,
follow through, face the opposite direction
4. FOR L CHUDAN TSUKI:
L gedan barai while moving into position, R jodan
tsuki, R hiji uchi
5. FOR L JODAN TSUKI:
L shuto uke while moving into position, skip,
R-L mawashi uke, L mawashi hiza geri, L jodan mawashi
geri, push the opponent away, face the front
6. FOR R MAE GERI:
L soto uke while moving into position, R chudan mawashi
uchi, L chudan mawashi uchi, R jodan tsuki, R jodan
mawashi geri
7. FOR L MAE GERI:
L gedan barai, move into position, R chudan mawashi
uchi, L chudan mawashi uchi, R jodan tsuki, (push the
opponent on his left shoulder) R jodan mawashi geri
8. FOR L CHUDAN MAWASHI GERI:
L Soto hiji/hiza double block, RH grab and pull the
opponent into the R gedan mawashi geri, R-L mawashi uke,
L hiza geri, maki komi nage, face the opposite direction
9. FOR R CHUDAN MAWASHI GERI:
L uchi hiji/hiza double block, L-R mawashi uke, R mawashi
hiza geri, sabaki (the opponent remains standing)
10. R jodan tsuki, R hiji otoshi, kumite no kamae

JISSEN NO KATA SONO NI



1. Kumite no kamae
2. FOR R GEDAN MAWASHI GERI:
L uchi sune uke while moving into position, R uchi momo geri, push the opponent off balance, R jodan mawashi geri
3. FOR R MAE GERI, R JODAN TSUKI:
L chudan soto uke, L jodan soto uke while moving into position, R jodan tsuki, R jodan mawashi geri, face the opposite direction
4. FOR L GEDAN MAWASHI GERI:
L soto sune uke while skipping into position, L uchi momo geri, push the opponent off balance, L jodan mawashi geri
5. FOR L MAE GERI, L JODAN TSUKI:
L gedan barai, L shuto uke while moving into position, R jodan tsuki, skip, L jodan mawashi geri
6. FOR R MAE GERI:
L soto uke while positioning, R jodan tsuki, L jodan tsuki, R jodan tsuki, R jodan mawashi geri
7. FOR L MAE GERI:
L gedan barai while positioning, R jodan tsuki, R gedan mawashi geri, (push the opponent on his left shoulder) R jodan mawashi geri
8. FOR L JODAN TSUKI:
L shuto uke, R-L mawashi uke, L mawashi hiza geri, face the rear
9. FOR R JODAN TSUKI:
L jodan soto uke, L-R mawashi uke, R mawashi hiza geri, sabaki(the opponent remains standing), face the front
- 10.(Push the opponent off balance) R jodan mawashi geri, kumite no kamae