

# Karate Quebec competitions 2023-2024

## Kata list by division

The list of katas by level represents the eligible katas that can be performed by athletes during Karate Quebec competitions for the 2022-2023 season in the Beginner, Intermediate and Advanced divisions.

### **Beginner division**

The **Beginner** division includes athletes with a white, yellow and orange belt. No kata from the official WKF list may be performed except those listed below.

- . Fukygata 1-2
- . Gekisai (Geksai) 1-2
- . Heian 1-3
- . Kion 1-5
- . Pinan 1-3
- . Seisan
- . Shiohai
- . Zenshin Gotai

### **Intermediate division**

The **Intermediate** division includes athletes with an orange, green and blue belt. An athlete registered in the Intermediate division can perform a kata according to the list appearing below. In addition, the participant can also perform the Beginner division kata listed above, at his convenience.

- . Bassai
- . Bassai Dai
- . Bassai Sho
- . Enpi (Wanshu)
- . Fukygata 1-2
- . Gekisai (Geksai) 1-2
- . Heian 1-5
- . Jion
- . Jitte
- . Jyuroku
- . Kion 1-5
- . Meiko
- . Matsumura Rohai
- . Naifanchin
- . Niseishi (Nijushiho)
- . Pinan 1-5
- . Saifa (Saiha)
- . Seisan
- . Shiohai
- . Sienchin
- . Tekki 1-3
- . Zenshin Gotai

### **Advanced division**

In the **Advanced** division, the athlete can choose and perform any kata from the official WKF list, without exception. This division includes athletes with a blue, purple, brown and black belt.

**An athlete performing a kata that does not meet the above rules for the Beginner, Intermediate and Advanced divisions will automatically be disqualified.**