

Karate Quebec competitions 2022-2023

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. In addition, any other kata of different style, not mentioned in the official WKF list, can be performed in this division.

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

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

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.