

Junior Ranks

Yellow Belt
Kihon Kata Ichi
Yellow Belt One Stripe
Pinan Nidan
Yellow Belt Two Stripe
Pinan Shodan
Pinan Sandan
Purple Belt
Pinan Yondan
Pinan Godan
Purple Belt One Stripe
Naifanchi Shodan
Bassai-Dai
Matsumora Rohai
Jitte
Jiin
Purple Belt Two Stripe
Saifa
Sanchin
Tensho
Gekisai Dai-Ichi
Aoyagi (Mens & Womens)
Blue Belt
Blue Belt One Stripe
Naifanchi Nidan
Kushanku-Dai
Wanshu
Wankan
Niseishi
Blue Belt Two Stripe
Jion
Seienchin
Juroku
Shitei Bassai
Gekisai Dai-Ni
Red Belt

Adult Ranks

White Belt One Stripe
Kihon Kata Ichi
Pinan Nidan
White Belt Two Stripe
Pinan Shodan
Pinan Sandan
Green Belt (6th Kyu)
Pinan Yondan
Pinan Godan
Green Belt (5th Kyu)
Naifanchi Shodan
Bassai-Dai
Matsumora Rohai
Jitte
Jiin
Green Belt (4th Kyu)
Saifa
Sanchin
Tensho
Gekisai Dai-Ichi
Aoyagi (Mens & Womens)
Brown Belt (3rd Kyu)
Brown Belt (2nd Kyu)
Naifanchi Nidan
Kushanku-Dai
Wanshu
Wankan
Niseishi
Brown Belt (1st Kyu)
Jion
Seienchin
Juroku
Shitei Bassai
Gekisai Dai-Ni
Black Belt (Shodan)

Adult Ranks

Shodan / Nidan
Naifanchi Sandan
Bassai-Sho
Seipai
Seisa
Matsumura Bassai
Empi
Chinte
Kushanku-Sho
Itosu Rohai Shodan
Chinto
Superinpei
Shiho-Kushanku
Unsu
Adult Ranks
Sandan up
Kururunfa
Nipaipo
Gojushiho (Useishi)
Itosu Rohai Nidan
Shisoochin
Arikaki Sochin
Sochin
Paipuren
Tomari Bassai
Ishimine-Bassai
Hakaku
Sanseiru
Annanku
Shinpa
Itosu Rohai Sandan

Kata Names and Meanings

Pinan Way of Peace; literally "Great Peace", sometimes translated as "Calm Mind" or "Peaceful Mind".

Naifanchi: Iron horse.

Bassai-Dai: To penetrate (storm) a fortress (major version).

Bassai-Sho: To penetrate (storm) a fortress (minor version).

Kushanku-Dai: Viewing the sky (major version).

Kushanku-Sho: Viewing the sky (minor version).

Rohai: Mirror of the soul/Clear Mirror.

Seisan: Half moon (Thirteen).

Chinto: Crane on a rock.

Wanshu: Flying swallow

Jion: Named after the temple.

Jiin: Named after the saint.

Jitte: Ten Hands.

Niseishi: 24 steps/techniques.

Sochin: Preserve Peace.

Chinte: Incredible Hands.

Wankan: Crown of a king.

Unsu: Hands of a cloud.

Gojushiho 54 steps/techniques.

Sanchin Three battles. The three generally accepted as being the body, mind and spirit.

Saifa Tearing.

Tensho Flowing Hands.

Seienchin Marching far quietly or Pulling.

Shisochin Four peaceful facing.

Sanseiru Written in Chinese characters, is the number 36, and is also referred to as the Dragon Kata.

Seipai Is the number 18.

Kururunfa Forever stops, peaceful and tearing.

Superinpei The 108 hands.

Shinpa New Break or New Tear.

Annanku Light From the South.

Gekisai Dai-Ni Attack and smash 2

Gekisai Dai-Ichi Attack and smash 1