



Karate Quebec competition 2019-2020

Kata list per level

The list of kata per level represents the eligible katas that can be executed by athletes at Karate Quebec competitions for the 2019-2020 season in the *Beginner*, *Intermediate* and *Advance* Divisions.

T	F
5	5
1	1
4	4
2	2
5	5
2	2
3	3
1	0
6	3
1	6

Beginner division

The **Beginner** Division includes athletes with a white, yellow and orange belt. No kata from the official list of the WKF can be performed except those listed below. In addition, any other kata of different style, not mentioned in the official list of the WKF, can be presented in this division.

- | | |
|------------------------|-----------------|
| . 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 may perform a kata according to the list below. In addition, the participant may also perform the kata of the Beginner Division listed above, at his convenience.

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|-----------------|--------------------|------------------------|
| . Bassai | . Jitte | . Niseishi (Nijushiho) |
| . Bassai Dai | . Jyuroku | . Pinan 4-5 |
| . Bassai Sho | . Meiko | . Saifa (Saiha) |
| . Enpi (Wanshu) | . Matsumura Rohai | . Sienchin |
| . Heian 4-5 | . Naifanchin | . Tekki 1-3 |
| . Jion | . (Naihanshin) 1-3 | |

Advance division

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

An athlete performing a kata not meeting the above rules for Beginner, Intermediate and Advanced Divisions will be automatically disqualified.