

ITOSU-RYU KARATEDO INTERNATIONAL FEDERATION
Kihon Kata (Basic Kata) Lists

Kihon Kata (Basic Kata)	Zenkutsu-Dachi (Front Stance)	Neko-Ashi-Dachi (Cat Stance)	Mae-Geri (Front Kick)	Jun-Tsuki (Leading Punch)
1	Harai-Uke (Downward Block)		Chu-Dan Mae-Geri (Middle Level Fron Kick)	(Middle Level Leading Punch)
2	Yoko-Uke (Outside Block)		Ditto	Ditto
3	Age-Uke (Rising Block)		Ditto	Ditto
4	Yoko-Uchi Uke (Inside Block)		Ditto	Ditto
5		Shutou-Uke (Knife Hand Block)	Ditto	Ditto
6		Kake-Uke (Hooking Block)	Ditto	Ditto
7	Harai-Uke (Downward Block)	Yoko-Uke (Outside Block)	Ditto	Ditto
8	Yoko-Uke (Outside Block)	Age-Uke (Rising Block)	Ditto	Ditto
9	Age-Uke (Rising Block)	Harai-Uke (Downward Block)	Ditto	Ditto
10	Harai-Uke (Downward Block)	Shutou-Uke (Knife Hand Block)	Ditto	Ditto