

## Allowed Kata

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The following kata list indicates the highest kata allowed to be performed at the Gold Cup per Kyu (belt ranking). The students may perform the kata indicated or a lower level kata. We reserve all elite katas for the Elite division (junior and adult).

### **White belt (Mukyu)**

- Taikyoku Ichi

### **Orange belt (10th Kyu)**

- Taikyoku Ichi
- Taikyoku Ni

### **Orange belt with blue stripe (9th Kyu)**

- Taikyoku San

### **Blue belt (8th Kyu)**

- Pinan Ichi

### **Blue belt with yellow stripe (7th Kyu)**

- Pinan Ni

### **Yellow belt (6th Kyu)**

- Pinan San
- Yantsu

### **Yellow belt with green stripe (5th Kyu)**

- Pinan Yon

### **Green belt (4th Kyu)**

- Pinan Go
- Tsuki no kata

### **Green belt with brown stripe (3rd Kyu)**

- Pinan Go
- Gaikisai Dai
- Tensho

### **Brown belt (2nd Kyu)**

- Gekisai Sho
- Saiha

### **Brown belt with black stripe (1st Kyu)**

- Garyu

### **Elite Kata**

- Sanshin Tensho
- En-Tensho
- Seishinshin
- Seipei/Seipai
- Garyu
- Kanku
- Sushido