

**TRADITIONAL KARATE-DO FEDERATION INTERNATIONAL**  
**MOKUROKU (CATALOGUE)**  
**SAITO-HA SHITO-RYU KATA**

**ITOSU KE**

Pinan Shodan (Peaceful Mind 1)  
Pinan Nidan (Peaceful Mind 2)  
Pinan Sandan (Peaceful Mind 3)  
Pinan Yodan (Peaceful Mind 4)  
Pinan Godan (Peaceful Mind 5)  
Aoyagi (Green Willow)  
Juroku (16)  
Jutte (10 Hands)  
Jiin (Temple sound)  
Jion (Temple Ground)  
Kenpaku (Superior fist, Mabuni-Ke 1950)  
Matsukaze (Pine Wind)  
Wanshu (Name of a Chinese Emissary)  
Kenshu (Excellent Fist, Mabuni-Ke 1949)  
Rohai (Vision Of A Crane)  
Bassai Dai (Penetrate A Fortress, major version)  
Bassai Sho (Penetrate A Fortress, minor version)  
Chinto (Name of a Chinese Seaman, Fighting to the East)  
Chintei (Extraordinary Hands)  
Kosokun Dai (Name of a Chinese Military Official, major version)  
Kosokun Sho (Name of a Chinese Military Official, minor version)  
Shiho Kosokun (Mabuni-Ke, 4-direction version)  
Gojushiho (54 Steps)

**HIGAONNA KE**

Sanchin (3 Battles)  
Shinsei (Pure Heart)  
Seeinchin (Calm Within The Storm)  
Kensho (Innocent Light, Mabuni-Ke 1947)  
Tensho (Rolling Palms)  
Happo Sho (Eight Walk Mabuni-Ke 1949)  
Shinpa (New Break Mabuni-Ke)  
Kururunha (Come Stop, or Holding your Ground))  
Saiha (Final Break)  
Seisan (13)  
Seipai (18)  
Niseishi (24)  
Nipaipo (28 steps)  
Sochin (Men of Peace, or Fighting Monks))  
Shisochin (Four Men of Peace, or Fighting 4 Monks))  
Unshu (Cloud Hand)  
Sanseiryu (36)  
Suparinpei (108)

**OTHER SHITO-RYU KATAS**

Ananku/Annanko (Southern Light)  
Tomari Bassai (Penetrate A Fortress, Tomari version)  
Matsumura Bassai (Penetrate A Fortress, Matsumura version)  
Shiho Kosokun (Name of a Chinese Military Official, 4 direction version)  
Chatanyara Kusanku (Name of a Chinese Military Official, Chatan Yara's version)  
Naihanchi (Inside Moving)  
Miyoyo (Mabuni-Ke, Pure Brightness, Morning Star or Bright Star)

**KIHON KATA**

Kihon Dachi Kata (basic stance kata)  
Kihon Nijyugo (basic 25)  
Tenshin Happo (8 directional movement)  
Hiji Ate Goho (5 methods of elbow strikes)  
Kihon Kata Zenkutsu Dachi Dai (1 & 2)  
Kihon Kata Neko Ashi Dai (1 & 2)  
Kihon Nijyuho (Basic 20)  
Kihon Zuki (basic thrusting)  
Kihon Uke (basic blocking)

**ADVANCED KIHON KATA**

Saitoshi Shodan  
Saitoshi Nidan  
Saitoshi Sandan  
Saitoshi Yodan  
Saitoshi Godan

**RYUEIRYU INFLUENCE**

Anan (name of Chinese person or style)  
Pachu (to twirl a ball)  
Paiku (White Tiger)  
Heiku (Black Tiger)