

PROGRAMME OFFICIEL KATAS
PASSAGES DE GRADES FFKADA

	SHOTOKAN OHSHIMA
1^{er} Dan	<ul style="list-style-type: none"> - HEIAN 1-2-3-4-5 - BASSAÏ
2^{ème} Dan	<ul style="list-style-type: none"> - BASSAÏ - KWANKU - TEKKI SHODAN - EMPI - JION
3^{ème} Dan	<ul style="list-style-type: none"> - KWANKU - JION - TEKKI SHODAN - TEKKI NIDAN - JUTTE
4^{ème} Dan	<ul style="list-style-type: none"> - JUTTE - TEKKI NIDAN - TEKKI SANDAN - GANKAKU - EMPI
5^{ème} Dan	<ul style="list-style-type: none"> - JION - TEKKI NIDAN - TEKKI SANDAN - HANGETSU - GANKAKU