

APPENDIX 8 : **THE LIST OF ESKA CONTEST KATAS**

Group 1:	Heian Shodan - Heian Nidan - Heian Sandan - Heian Yondan - Heian Godan - Tekki Shodan
Group 2:	Bassai Dai - Kanku Dai – Jion – Empi
Group 3:	Bassai Dai - Kanku Dai – Jion – Empi - Hangetsu
Group 4:	Bassai Shô - Kanku Shô - Tekki Nidan - Tekki Sandan – Jitte – Jiin – Gankaku – Chinte – Unsu – Sôchin – Nijûshiho – Meikyô - Gojûshiho Dai - Gojûshiho Sho – Wankan