

2022 National Kata Contest Required Arts

4th Kyu (Green)

- Ryote Tori
- Harai Goshi
- Uki Otoshi
- Ushiro Gatame
- Tekubi Shigarami

Shodan

- Soto Momo Harai
- Shidaro Fuji Jime
- Sakanuki
- Tora Nage
- Obi Hane Goshi

3rd and 2nd Kyu (Brown)

- Hagai Shime
- Kane Sute
- Ashiyubi Jime
- Deashi Hyanada
- Kesa Nage

Nidan and Sandan

- Yama Arashi
- Mizuguruma
- Ushiro Osaegami Nage
- Ushiro Nage
- Nidan Gaeshi

1st Kyu (Brown)

- Hane Goshi
- Tenada Jime
- Gyaku Shigarami
- Kazaguruma
- Ushiro Daki Nage

Yodan +

- Kine Katsugi
- Komiiri
- Ushiro Gyaku
- Hikitate Tori Shime
- Satsuma Shime