

# Karate Katas

O	N	T	N	I	J	U	S	H	I	H	O	O	S
H	O	K	N	A	D	O	H	S	N	A	I	E	H
A	N	A	E	H	B	A	S	S	A	I	D	A	I
H	E	A	H	E	I	A	N	N	I	D	A	N	T
T	E	K	K	I	S	H	O	D	A	N	K	A	E
N	A	D	N	A	S	N	A	I	E	H	A	N	K
I	S	H	H	N	E	E	I	I	N	D	N	U	K
N	A	N	J	G	J	I	I	N	I	I	K	I	I
A	I	A	N	O	O	K	J	A	N	A	U	N	S
A	N	Y	E	D	K	B	I	A	I	I	D	A	A
A	K	N	A	A	A	D	O	A	N	I	A	A	N
N	A	I	E	N	I	H	N	I	N	T	I	I	D
K	N	I	P	N	E	D	N	O	H	I	K	H	A
H	E	I	A	N	Y	O	N	D	A	N	U	A	N

NIJUSHIHO  
 HEIAN GODAN  
 HEIAN SHODAN  
 BASSAI DAI  
 KIHON  
 HEIAN YONDAN  
 HEIAN SANDAN  
 TEKKI SHODAN  
 JION  
 HEIAN NIDAN  
 TEKKI SANDAN  
 KANKUDAI  
 ENPI

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O	N	T	N	I	J	U	S	H	I	H	O	O	S
H	O	K	N	A	D	O	H	S	N	A	I	E	H
A	N	A	E	H	B	A	S	S	A	I	D	A	I
H	E	A	H	E	I	A	N	N	I	D	A	N	T
T	E	K	K	I	S	H	O	D	A	N	K	A	E
N	A	D	N	A	S	N	A	I	E	H	A	N	K
I	S	H	H	N	E	E	I	I	N	D	N	U	K
N	A	N	J	G	J	I	I	N	I	I	K	I	I
A	I	A	N	O	O	K	J	A	N	A	U	N	S
A	N	Y	E	D	K	B	I	A	I	I	D	A	A
A	K	N	A	A	A	D	O	A	N	I	A	A	N
N	A	I	E	N	I	H	N	I	N	T	I	I	D
K	N	I	P	N	E	D	N	O	H	I	K	H	A
H	E	I	A	N	Y	O	N	D	A	N	U	A	N