# 2026 IOGKF
# WORLD KATA CHALLENGE

空手

**SEPTEMBER 25 – OCTOBER 25**

*Rise to the Challenge!*

**PERFORM KATA EVERY DAY AND TRACK YOUR PROGRESS**

| KATA | SEP 25 | SEP 26 | SEP 27 | SEP 28 | SEP 29 | SEP 30 | OCT 1 | OCT 2 | OCT 3 | OCT 4 | OCT 5 | OCT 6 | OCT 7 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| GEKISAI 1 | | | | | | | | | | | | | |
| GEKISAI 2 | | | | | | | | | | | | | |
| SAIFA | | | | | | | | | | | | | |
| SEIYUNCHIN | | | | | | | | | | | | | |
| SHISOCHIN | | | | | | | | | | | | | |
| SANSERU | | | | | | | | | | | | | |
| SEPAI | | | | | | | | | | | | | |
| KURURUNFA | | | | | | | | | | | | | |
| SESAN | | | | | | | | | | | | | |
| SUPARIMPEI | | | | | | | | | | | | | |
| SANCHIN | | | | | | | | | | | | | |
| KAITEN SANCHIN | | | | | | | | | | | | | |
| TENSHO | | | | | | | | | | | | | |
| TOTAL | | | | | | | | | | | | | |

| KATA | OCT 8 | OCT 9 | OCT 10 | OCT 11 | OCT 12 | OCT 13 | OCT 14 | OCT 15 | OCT 16 | OCT 17 | OCT 18 | OCT 19 | OCT 21 | OCT 22 | OCT 23 | OCT 24 | OCT 25 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| GEKISAI 1 | | | | | | | | | | | | | | | | | |
| GEKISAI 2 | | | | | | | | | | | | | | | | | |
| SAIFA | | | | | | | | | | | | | | | | | |
| SEIYUNCHIN | | | | | | | | | | | | | | | | | |
| SHISOCHIN | | | | | | | | | | | | | | | | | |
| SANSERU | | | | | | | | | | | | | | | | | |
| SEPAI | | | | | | | | | | | | | | | | | |
| KURURUNFA | | | | | | | | | | | | | | | | | |
| SESAN | | | | | | | | | | | | | | | | | |
| SUPARIMPEI | | | | | | | | | | | | | | | | | |
| SANCHIN | | | | | | | | | | | | | | | | | |
| KAITEN SANCHIN | | | | | | | | | | | | | | | | | |
| TENSHO | | | | | | | | | | | | | | | | | |
| TOTAL | | | | | | | | | | | | | | | | | |

## MY GOAL

## CHALLENGES

**SEPTEMBER 25**
10 OF THE SAME KATA

**OCTOBER 9**
SHARE A VIDEO OF A KATA YOU DID IN THE LAST WEEK USING #iamiogkf

**OCTOBER 16**
ALL KATA YOU KNOW TWICE

**OCTOBER 25**
JOIN ONLINE IOGKF WORLD KATA DAY EVENT

**GAMBATTE! #iamiogkf**

www.iogkf.com