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Karate Wikipedia

Matsumura taught his art to Itosu Ank (1831 1915) among others. Itosu adapted two forms he had learned from Matsumura. These are kusanku and chuang nan. He created the ping'an forms ("heian" or "pinan" in Japanese) which are simplified kata for beginning students. In 1901 Itosu helped to get karate introduced into Okinawa's public schools.

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Karate kata Wikipedia

Kata (Japanese: , or more traditionally, ; lit. "form") is a Japanese word describing detailed patterns of movements practiced either solo or in pairs. Karate kata are executed as a specified series of a variety of moves, with stepping and turning, while attempting to maintain perfect form. The kata is not intended as a literal depiction of a mock fight, but as a display of transition

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