

HEIAN GODAN



MUSUBI DACHI



KAMAE



UCHI UKE



GYAKU TSUKI



KAGITSUKI



UCHI UKE



GYAKU TSUKI



KAGI TSUKI



MOROTE UKE



JUJI GEDAN



JUJI JODAN



KAMAE



UKE TSUKI



TSUKI
KIAI!



GEDAN BARAI



HAISHU UKE



MIKA UKI GERI



EMPI UCHI



MOROTE UKE



TSUKI AGE



SAUT
KIAI!



JUJI UKE



MOROTE UKE



TEISHO BARAI /
GEDAN NUKITE



UCHI UKE /
GEDAN BARAI



KAMAE



TEISHO BARAI /
GEDAN NUKITE



UCHI UKE /
GEDAN BARAI



KAMAE



MUSUBI DACHI