

HEIAN NIDAN



MUSUBI DACHI



KAMAE



HAIWAN UKE



TETTSUI



TSUKI



HAIWAN UKE



TETTSUI



TSUKI



KAMAE



YOKO KEAGE
URAKEN



SHUTO UKE



SHUTO UKE



SHUTO UKE



NUKITE
KIAI!



SHUTO UKE



SHUTO UKE



SHUTO UKE



SHUTO UKE



UCHI BARAI
UCHI UKE



MAE GERI



GYAKU TSUKI



UCHI UKE



MAE GERI



GYAKU TSUKI



MOROTE UKE



GEDAN BARAI



AGE SHUTO



AGE UKE



GEDAN BARAI



AGE SHUTO



AGE UKE / KIAI!



KAMAE



MUSUBI DACHI