

# HEIAN YODAN



MUSUBI DACHI



KAMAE



HAIWAN UKE



HAIWAN UKE



JUJI UKE



MOROTE UKE



KAMAE



YOKO KEAGE /  
URAKEN



EMPI UCHI



KAMAE



YOKO KEAGE /  
URAKEN



EMPI UCHI



AGE SHUTO /  
GEDAN SHUTO



SHUTO UCHI  
AGE SHUTO



MAE GERI



TATE URAKEN  
KIAI!



KAKI WAKE UKE



MAE GERI



TSUKI



GYAKU TSUKI



KAKI WAKE UKE



MAE GERI



TSUKI



GYAKU TSUKI



MOROTE UKE



MOROTE UKE



MOROTE UKE



ATAMA TSUKAMI



HISA GERI  
KIAI!



SHUTO UKE



SHUTO UKE



KAMAE



MUSUBI DACHI