NUNS' ISLAND
J.K.A. SHOTOKAN
KARATE CLUB

CLUB DE KARATÉ
J.K.A. SHOTOKAN
DE L'ILE-DES-SOEURS

Heian Yondan - Kata 4

O-Yoi

1-Hidari Jodan Haiwan-Uke
Migi Jodan Mae Kamae

2-Migi Jodan Haiwan-Uke
Hidari Jodan Mae-Kamae

3-Gedan Ryo ken Juji-Uke

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4-Migi Chudan Ryo ken Morote- Uke

5-Migi Ryo ken Koshi- Kamae

6-Hidari Jodan Yoko-MawashiUraken Uchi-Hidari Jodan Yoko- Kiage

7-Migi Chudan Yoko-Mawashi Empi-Uchi

Heian Yondan - Kata 4

8-Hidari Ryoken Koshi Kamae

9-Migi Jodan Yoko-Mawashi Uraken Uchi
Migi Jodan Yoko Kiage

10-Hidari Chudan Yoko-Mawashi Empi-Uchi

11a-Hidari Gedan- Shuto- Uke
Migi Jodan Mae Kamae

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11b-Migi Jodan Shuto-Uchi

12-Migi Chudan Mae-Geri

13-Migi Jodan Tate -Mawashi Uraken Uchi

14-Chudan Ryo ken Kakewake-Uke

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Heian Yondan - Kata 4

15-Migi Jodan Mae Geri

16-Migi Chudan Oi-Tzuki

17-Hidari Chudan Gyaku-Tzuki

18-Ryoken Chudan Kakewake-Uke

Heian Yondan - Kata 4

19-Hidari Jodan Mae Geri

20-Hidari Chudan Oi-Tzuki

21-Migi Chudan Gyaku Tzukii

22-Hidari Chudan Ryo Ken Morote-Uke

Heian Yondan - Kata 4

23-Migi Chudan Ryo Ken Morore-Uke

24-Hidari Chudan Ryo ken Morote Uke

25a-

25b-Jodan Ryosho Hikiyoroshi
Migi Chudan Hiza Age Ate

Heian Yondan - Kata 4

26-Hidari Chudan Shuto-Uke

27-Migi Chudan Shuto-Uke

Yame

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