



## Heian Nidan – Kata 2



Nuns' Island J.K.A.

0 - Yoi



Nuns' Island J.K.A.

1 – Hidari Jodan Haiwan-Uke  
Migi Jodan Mae Kamae



Nuns' Island J.K.A.

2 – Hidari Jodan Tekubi Nagashi-Uke

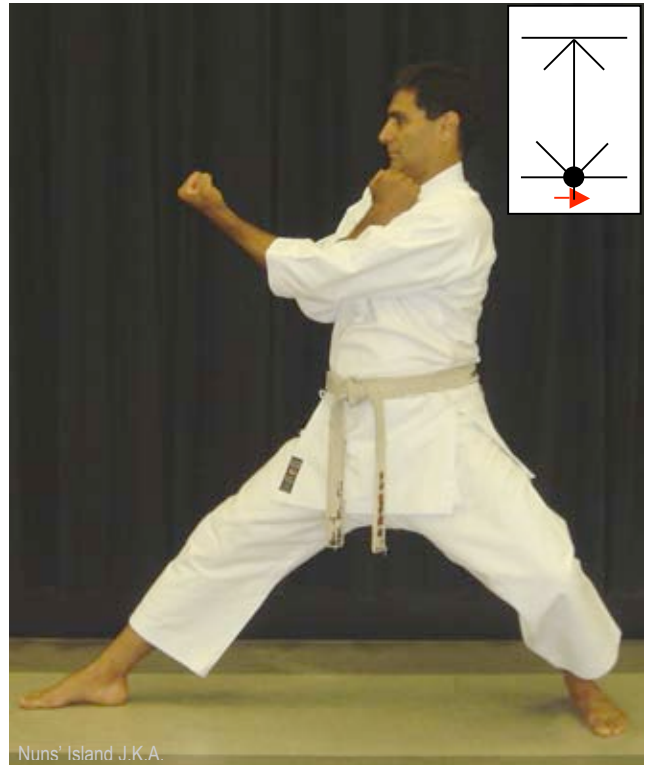


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3 – Hidari Chudan Yoko-Mawashi Kensui-Uchi



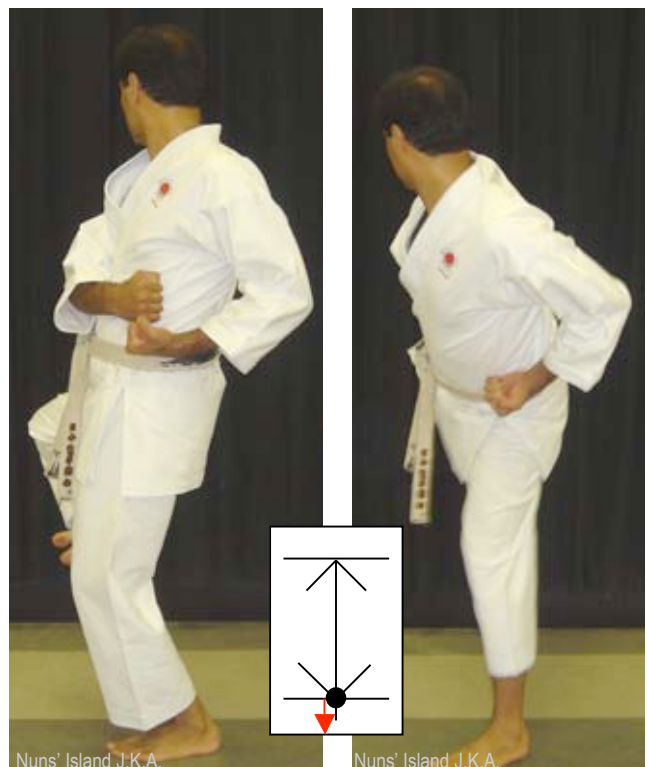
4 – Migi Jodan Haiwan-Uke  
Hidari Jodan Mae Kamae



5 – Migi Jodan Tekubi Nagashi-Uke  
Hidari Jodan Uka-Tzuki



6 – Migi Chudan Yoko-Mawashi Kensui-Uchi



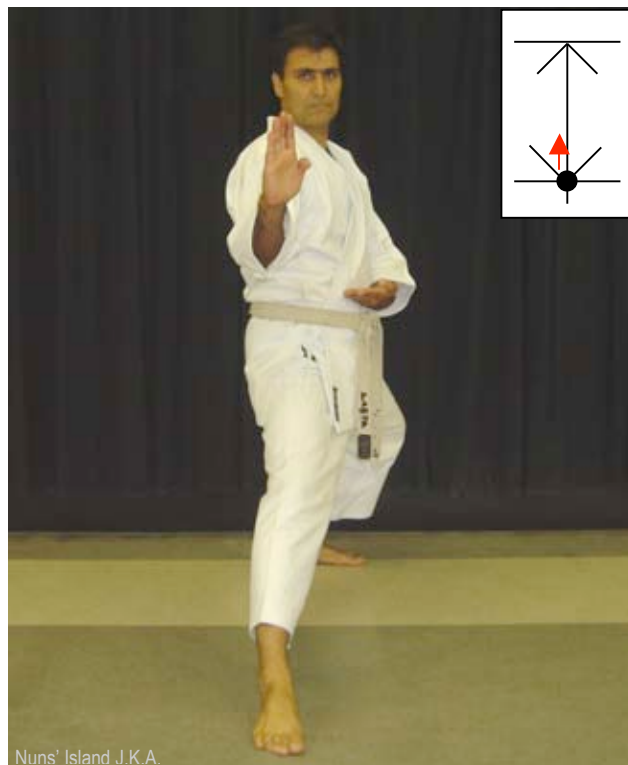
7a – Ryoken Koshi  
Kamae

7b – Migi Jodan  
Yoko Keage



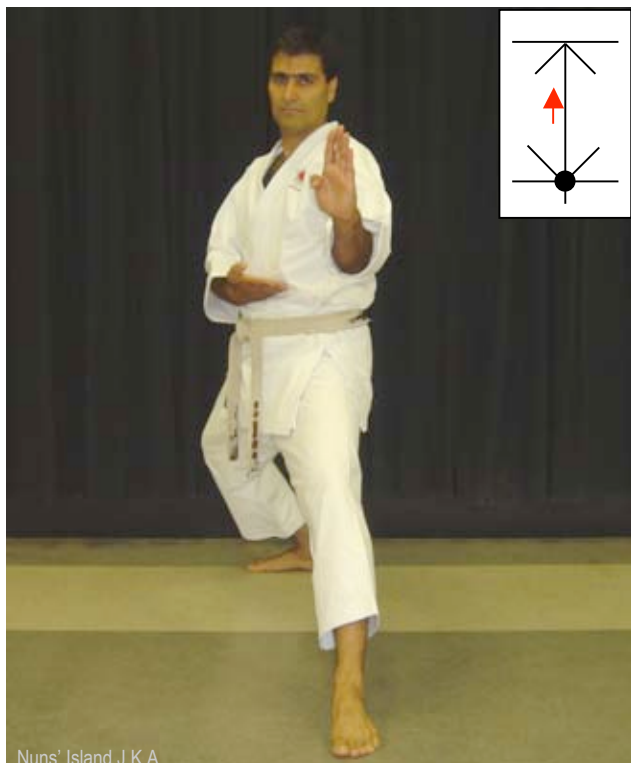
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8 – Hidari Chudan Shuto-Uke



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9 – Migi Chudan Shuto-Uke



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10 – Hidari Chudan Shuto-Uke



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11 – Migi Chudan Nukite-Uchi  
Migi Chudan Osae-Uke



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12 – Hidari Chudan Shuto-Uke



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13 – Migi Chudan Shuto-Uke



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14 – Migi Chudan Shuto-Uke



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15 – Hidari Chudan Shuto-Uke



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16 – Migi Chudan Uchi-Uke



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17 – Migi Jodan Mae-Geri



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18 – Hidari Chudan Gyaku-Tzuki



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19 – Hidari Chudan Uchi-Uke



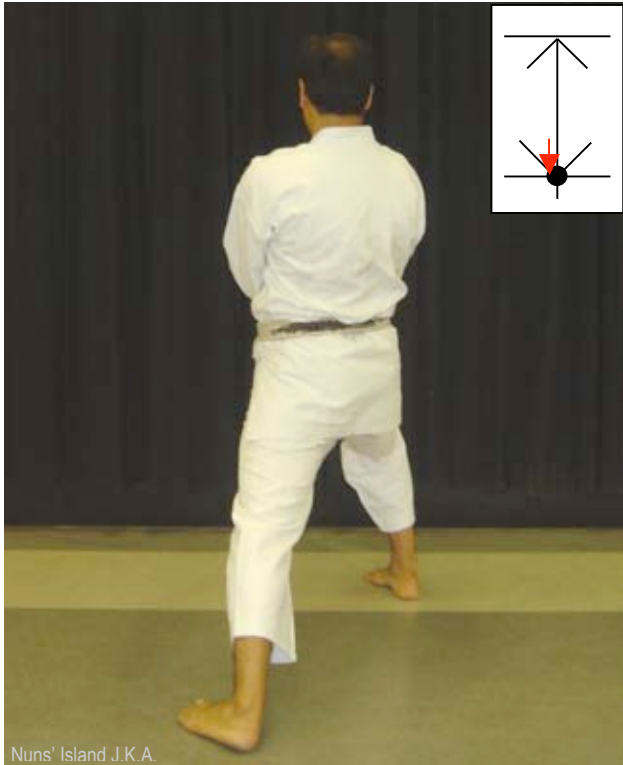
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20 – Hidari Jodan Mae-Geri



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21 – Migi Chudan Gyaku-Tzuki



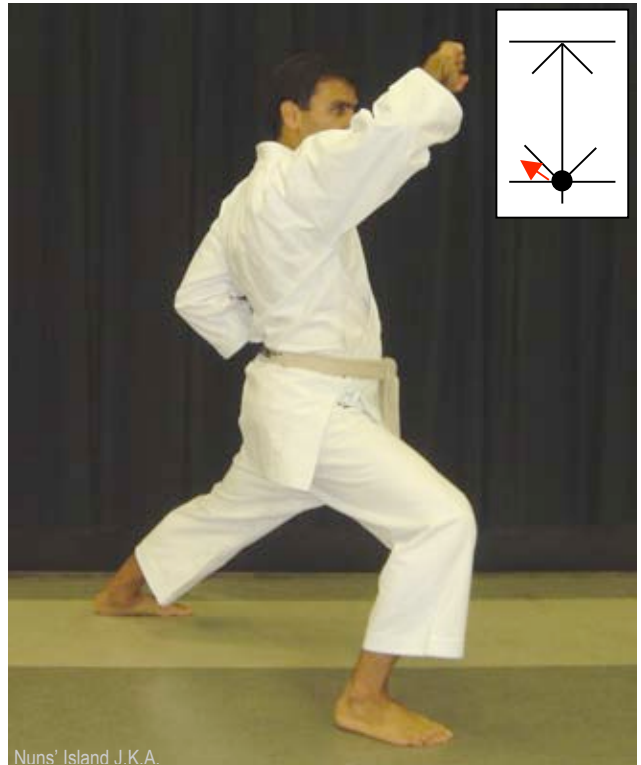
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22 – Migi Chudan Ryoken Chudan Morote-Uke



Nuns' Island J.K.A.  
23 – Hidari Gedan Barai



Nuns' Island J.K.A.  
24a – Hidari Jodan Shuto Age-Uke



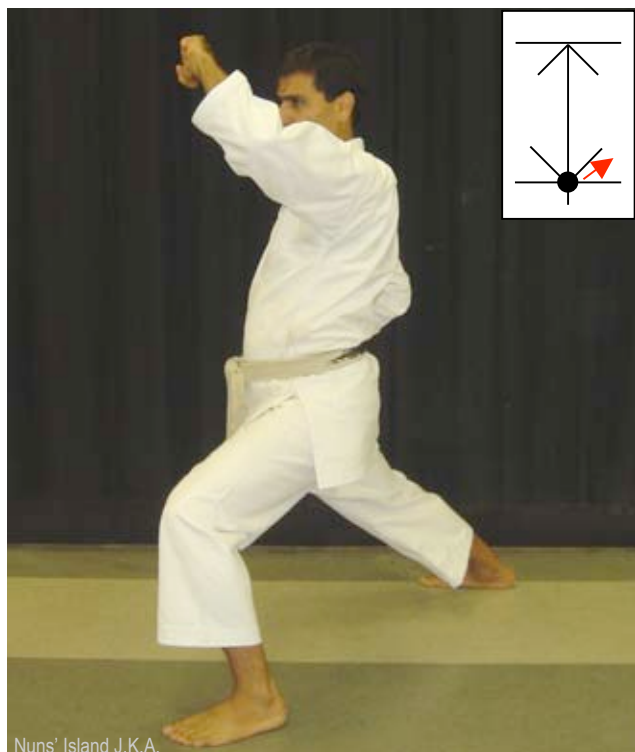
Nuns' Island J.K.A.  
24b – Migi Jodan Age-Uke



25 – Migi Gedan Barai



26a – Migi Jodan Shuto Age-Uke



26b – Hidari Jodan Age-Uke



Yamei

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