



Heian Shodan – Kata 1



0 - Yoi



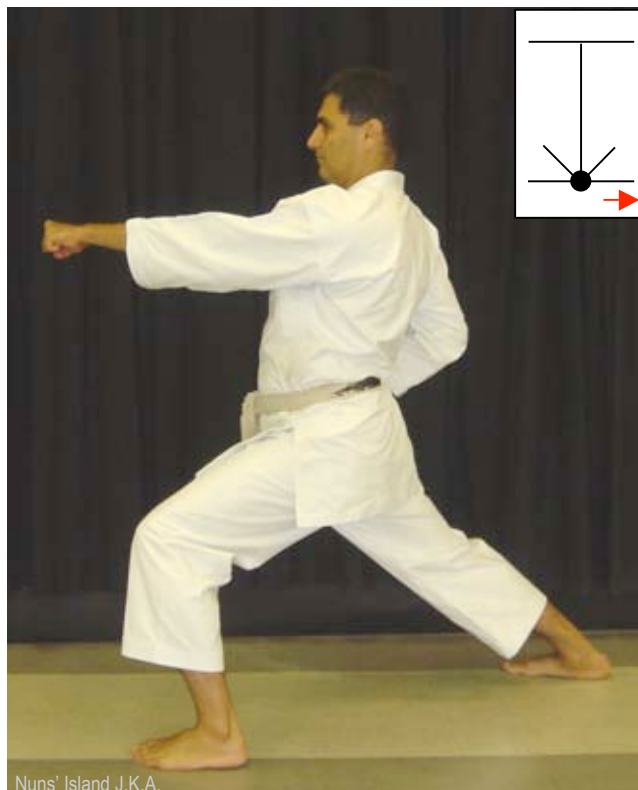
1 – Hidari Gedan Barai





Nuns' Island J.K.A.

4 – Migi Chudan Tate-Mawashi Kensui Uchi



Nuns' Island J.K.A.

5 – Hidari Chudan Oi-Tzuki



Nuns' Island J.K.A.

6 – Hidari Gedan Barai



Nuns' Island J.K.A.

7 – Migi Jodan Age-Uke



Nuns' Island J.K.A.

8 – Hidari Jodan Age-Uke



Nuns' Island J.K.A.

9 – Migi Jodan Age-Uke



Nuns' Island J.K.A.

10 – Hidari Gedan Barai



Nuns' Island J.K.A.

11 – Migi Chudan Oi-Tzuki



Nuns' Island J.K.A.

12 – Migi Gedan Barai



Nuns' Island J.K.A.

13 – Hidari Chudan Oi-Tzuki



Nuns' Island J.K.A.

14 – Hidari Gedan Barai



Nuns' Island J.K.A.

15 – Migi Chudan Oi-Tzuki



Nuns' Island J.K.A.

16 – Hidari Chudan Oi-Tzuki



Nuns' Island J.K.A.

17 – Migi Chudan Oi-Tzuki



Nuns' Island J.K.A.

18 – Hidari Shuto-Uke



Nuns' Island J.K.A.

19 – Hidari Chudan Shuto-Uke



Nuns' Island J.K.A.

20 – Migi Chudan Shuto-Uke



21 – Hidari Chudan Shuto-Uke



Yamei

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