



Heian Sandan - Kata 3



O-Yoi



1- Hidari Chudan Uchi Uke



2-Kosa-Uke



3-Kosa-Uke



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4-Migi Chudan Uchi-Uke



5-Kosa-Uke



6-Kosa-Uke



7-Hidari Chudan Ryoken Morote-Uke



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8-Migi Chudan Nukite Uchi-Hidari
Chudan Osae-Uke



9-Hidari Chudan Yoko-Mawashi Kensui-Uchi



10-Migi Chudan Oi-Tzuki



11-Ryoken Koshi-Kamae



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12-Migi Chudan Hiji-Barai



13-Migi jodan Tate-Mawashi Uraken Uchi



14-Hidari Chudan Hiji-Barai



15-Hidari Jodan Tate-Mawashi-Uraken Uchi



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16-Migi Chudan Hiji- Barai



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17-Migi jodan Tata Mawashi Uraken Uchi



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18-Hidari Chudan Oi-Tzuki



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19-Migi Jodan Koho Tzuki-Age



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20-Hidari Jodan Koho Tzuki-Age



Yame

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