



## Heian Godan - Kata 5



Nunas' Island JKA

O-Yoi



Nunas' Island JKA

1-Hidari Chudan Uchi Uke



Nunas' Island JKA

2-Migi Chudan Gyaku- Tzuki



Nunas' Island JKA

3-Hidari Chudan Misu nagare-Kamae



## Heian Godan - Kata 5



4-Migi Chudan Uchi Uke



5-Hidari Chudan Gyaku-Tzuki



6-Migi Chudan Mitsu Nagare-Kamae



7-Migi Chudan Ryo Ken Morote -Uke



## Heian Godan - Kata 5



8-Gedan Ryo ken Juji-Uke



9-Jodan Ryusho Juji-Uke



10-Chudan Ryo Sho Osae-Uke



11-Hidari Chudan-Zuki



## Heian Godan - Kata 5



12-Migi Chudan Oi-Zuki



13-Migi Sokumen Gedan Barai



14-Hidari Chudan Sokumen Kake-Uke



15-Migi Chudan Mikazuki-Geri



Heian Godan - Kata 5



16-Migi Chudan Yoko-Mawashi Empi-Uchi



17- Migi Chudan Morote-Uke



18-Migi Jodan Koho Tsuki-Age



19-Tobi-Gedan Ryoken Juji -Uke



## Heian Godan - Kata 5



Nuns' Island JKA

20-Migi Chudan Morote-Uke.jpg



Nuns' Island JKA

21-Migi Chudan Shuto Uchi-Komi  
Hidari Jodan Sho Nagashi-Uke



Nuns' Island JKA

22-Migi Jodan Sokumen Uchi-Uke  
Hidari Gedan Barai (Manji-Uke)



Nuns' Island JKA

23 Heisoku Dachi-Osae Sono Mama



## Heian Godan - Kata 5



24-Hidari Gedan Shuto Uchi-Komi  
Migi Jodan Sho Nagashi-Uke



25-Hidari Jodan Sokumen Uchi-Uke  
Migi Gedan barai-- (Manji-Uke)



Yame

This document has been prepared as reference material only. It may not be reproduced and/or used as teaching material without the prior express consent of sensei Shahrokh Hoghooghi.

*Ce document se veut un ouvrage de référence seulement.  
Il ne peut être reproduit et/ou utilisé à des fins d'enseignement sans le consentement préalable exprès de sensei Shahrokh Hoghooghi.*