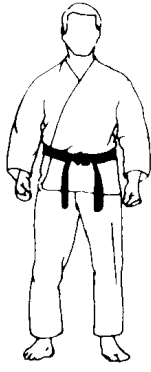
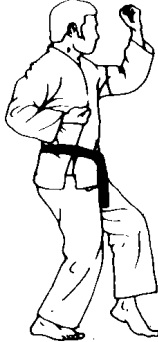
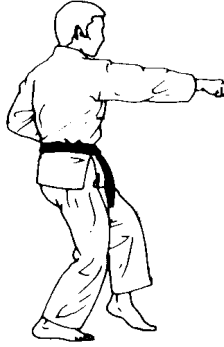


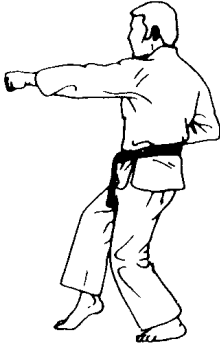



















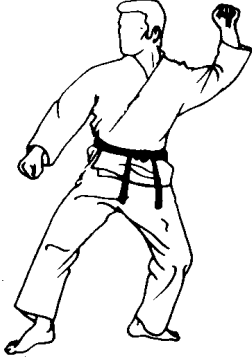



Kata Pinan Godan

			
Yoi	Soto Uke	Gyakuzuki	Step Up Left
			
Soto Uke	Gyakuzuki	Step Up Right	Morote Uke
			
Gedan Juji Uke	Juji Uke	Block	Pull Punch
			
Junzuki	Prepare	Tetsui Strike	Low Block

Kata Pinan Godan

			
Empi	Morote Uke	Preparei	Step Back Punch
			
Jump	Block	Morote Uke	Double Block
			
Step Back	Double Block	Yame	