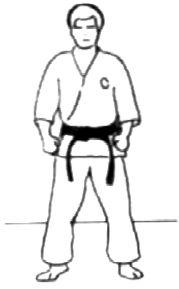
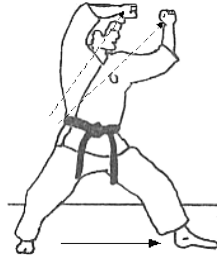


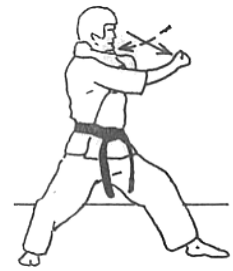
Heian Nidan



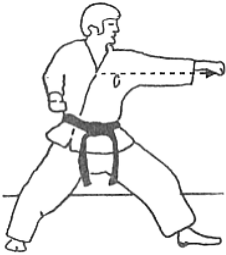
Yoi



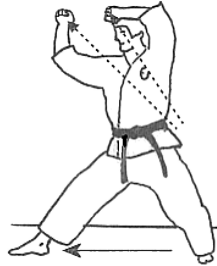
**1- Hidari Haiwan Uke
Kokutsu Dachi**



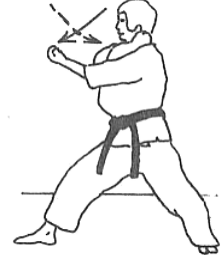
**2- Hidari Ude Uke - Migi Ura Tsuki
Kokutsu Dachi**



**3- Hidari Chudan Yoko Tsuki
Kokutsu Dachi**



**4- Migi Haiwan Uke
Kokutsu Dachi**



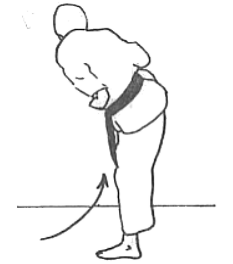
**5- Migi Ude Uke - Hidari Ura Tsuki
Kokutsu Dachi**



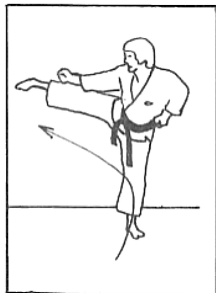
**6- Migi Chudan Yoko Tsuki
Kokutsu Dachi**



7- A Koshi Kamae



**7- Migi Uraken Uchi
Yoko Geri Keage**



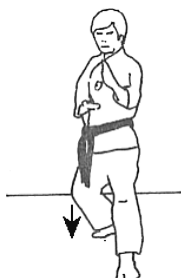
Lateral view



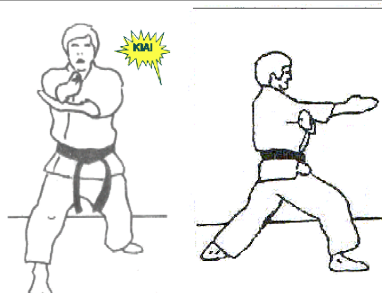
**8- Hidari Chudan Shuto Uke
Kokutsu Dachi**



**9- Migi Chudan Shuto uke
Kokutsu Dachi**



**10- Hidari Chudan Shuto uke
Kokutsu Dachi**



**11- Hidari Osae Uke-Migi Chudan Nukite
Zenkutsu dachi**



**12- Hidari Chudan Shuto Uke
Kokutsu Dachi**



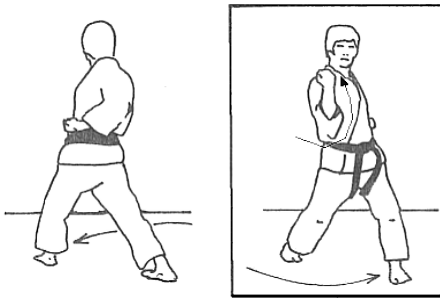
**13- Migi Chudan Shuto Uke
Kokutsu Dachi**



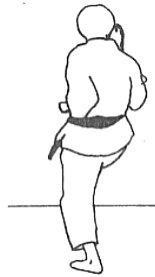
**14- Migi Chudan Shuto Uke
Kokutsu Dachi**



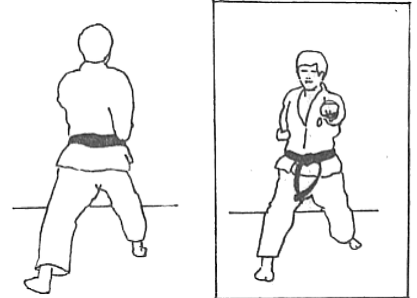
**15- Hidari Chudan Shuto Uke
Kokutsu Dachi**



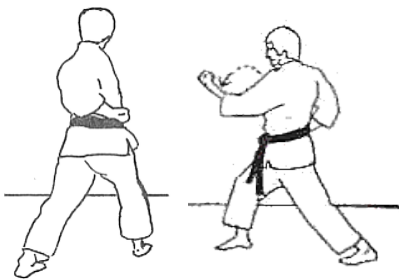
**16- Migi Gyaku Hanmi Uchi Uke
Zenkutsu Dachi**



17- Migi Mae Geri



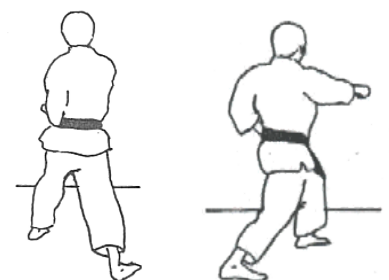
**18- Hidari Chudan Gyaku Tsuki
Zenkutsu Dachi**



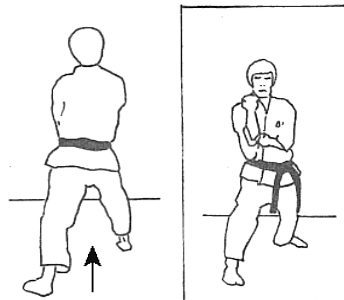
**19- Hidari Gyaku Hanmi Uchi Uke
Zenkutsu Dachi**



20- Hidari Mae Geri



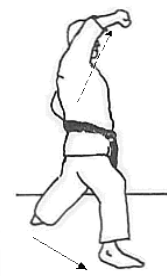
**21- Migi Chudan Gyaku Tsuki
Zenkutsu Dachi**



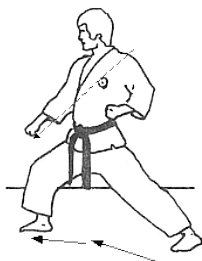
**22- Migi Chudan Morote Uke
Zenkutsu Dachi**



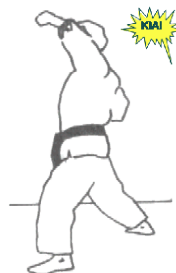
**23- Hidari Gedan Barai
Zenkutsu Dachi**



**24- Migi Jodan Age uke
Zenkutsu Dachi**



**25- Migi Gedan Barai
Zenkutsu Dachi**



**26- Hidari Jodan Age uke
Zenkutsu Dachi**



Yame