

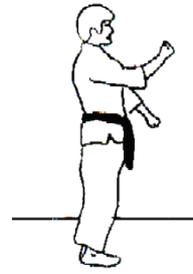
# Heian Sandan



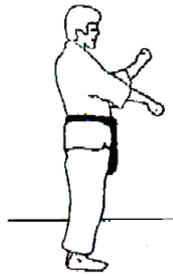
**Yoi**



**1- Hidari Chudan Uchi Uke  
Kokutsu Dachi**



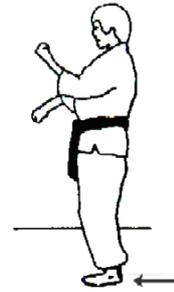
**2- Kosa Uke  
Heisoku Dachi**



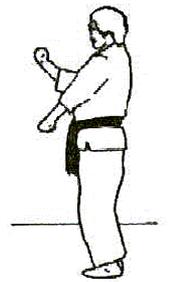
**3- Kosa Uke  
Heisoku Dachi**



**4- Migi Chudan Uchi Uke  
Kokutsu Dachi**



**5- Kosa Uke  
Heisoku Dachi**



**6- Kosa Uke  
Heisoku Dachi**



**7- Hidari Morote Uke  
Kokutsu Dachi**



**8- Hidari Osae Uke-Migi Chudan Nukite  
Zenkutsu Dachi**

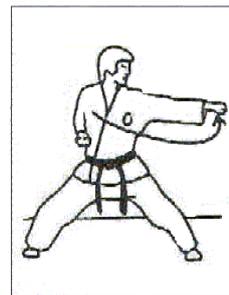


**Lateral view**

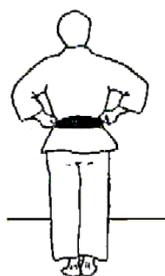
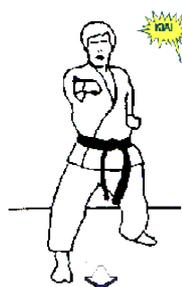


**10- Migi Chudan Oi Tsuki  
Zenkutsu Dachi**

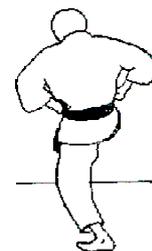
**9- Hidari Chudan Tettsui Uchi  
Kiba Dachi**



**Lateral view**



**11- Koshi Gamae  
Heisoku dachi**



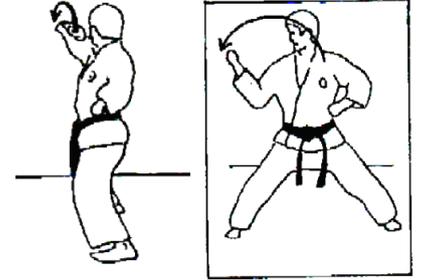
**12- A Migi Fumikomi**



**12- Migi Empi Uke  
Kiba Dachi**



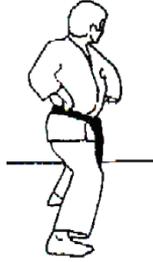
**Lateral view**



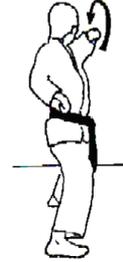
**13- Migi Jodan Tate Uraken Uchi  
Kiba Dachi**



**14- A Hidari Fumikomi**



**14- Hidari Empi Uke  
Kiba Dachi**



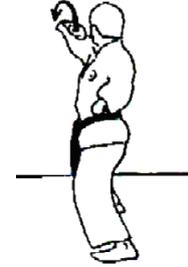
**15- Hidari Jodan Tate Uraken Uchi  
Kiba Dachi**



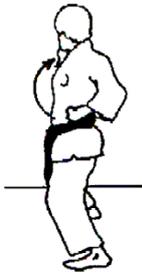
**16- A Migi Fumikomi**



**16- Migi Empi Uke  
Kiba Dachi**



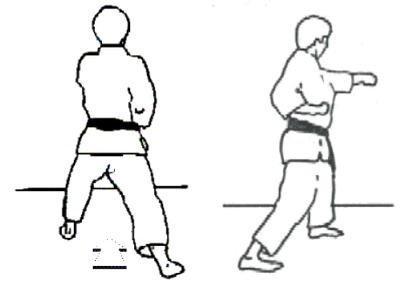
**17- Migi Jodan Tate Uraken Uchi  
Kiba Dachi**



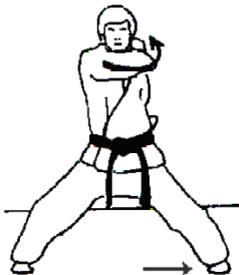
**18- Migi Tate Shuto Uke  
Kiba Dachi**



**Lateral view**



**19- Hidari Chudan Oi Tsuki  
Zenkutsu Dachi**



**20- Migi Mawashi Tsuki  
Hidari Ushiro Empi - Kiba Dachi**



**21- Hidari Mawashi Tsuki  
Migi Ushiro Empi - Kiba Dachi**



**Yame**