

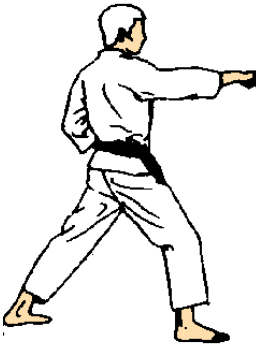













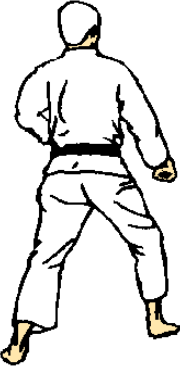





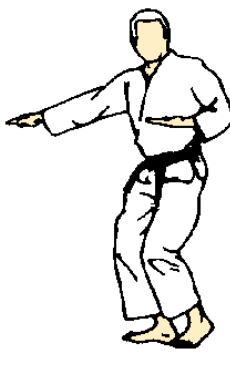







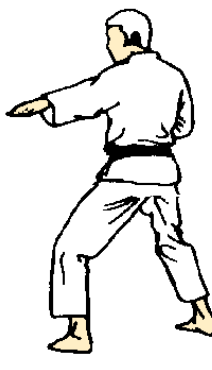



## Kata Pinan Nidan

			
<b>Yoi</b>	<b>Block</b>	<b>Junzuki</b>	<b>Turn 180</b>
			
<b>Gedan Barraai</b>	<b>Half Step Back</b>	<b>Block</b>	<b>Junzuki</b>
			
<b>Turn 90</b>	<b>Gedan Barraai</b>	<b>Jodan Uke</b>	<b>Jodan Uke</b>
			
<b>Jodan Uke</b>	<b>Turn</b>	<b>Gedan Barraai</b>	<b>Junzuki</b>

			
<b>Gedan Barraai</b>	<b>Junzuki</b>	<b>Gedan Barraai</b>	<b>Junzuki</b>
			
<b>Junzuki</b>	<b>Junzuki</b>	<b>Turn</b>	<b>Prepare</b>
			
<b>Spear Hand</b>	<b>Turn - Prepare</b>	<b>Spear Hand</b>	<b>Turn - Prepare</b>
			
<b>Spear Hand</b>	<b>Turn - Prepare</b>	<b>Spear Hand</b>	<b>Yame</b>