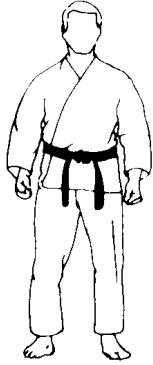
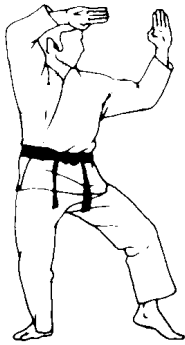
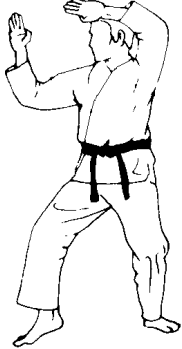




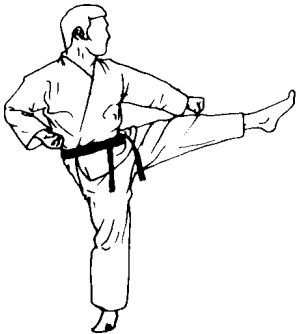
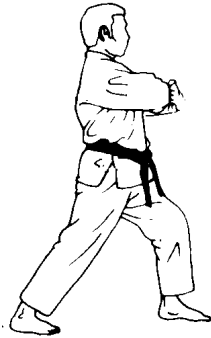

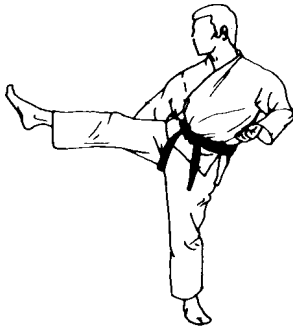











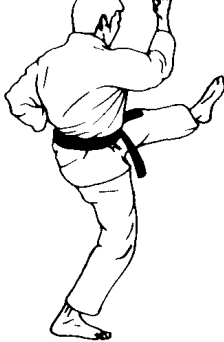

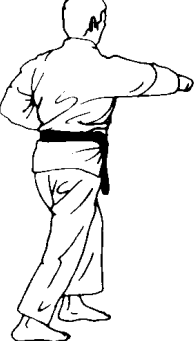



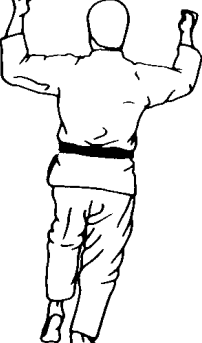
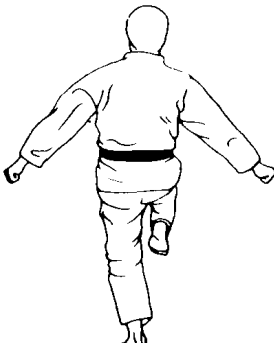




Kata Pinan Yodan

			
Yoi	Block	Block	Turn Prepare
			
Gedan Juji Uke	Morote Uke	Step Up	Gedan Barrai - Maegeri
			
Empi	Step Up	Gedan Barrai - Maegeri	Empi
			
Step Across - Block	Maegeri	Prepare	Uraken Jodan

Kata Pinan Yodan

			
Step Round	Soto Uke	Maegeri	Junzuki
			
Gyakuzuki	Soto Uke	Maegeri	Junzuki
			
Gyakuzuki	Morote Uke	Morote Uke	Morote Uke
			
Double Block	Pull Knee	Step Across	Prepare

Kata Pinan Yodan

