
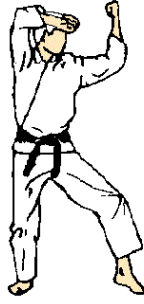
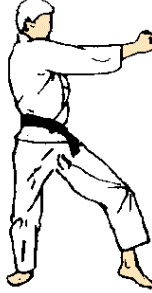
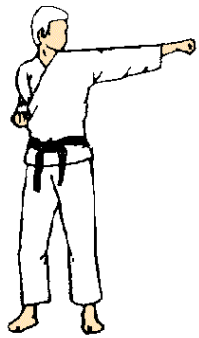
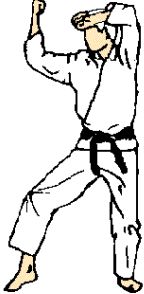





























Kata Pinan Shodan

			
Yoi	Block	Strike Down	Strike
			
Block	Strike Down	Strike	Turn 90
			
Soto Uke - Maegeri	Prepare to Turn	Turn - Shuto Uke	Shuto Uke
			
Shuto Uke	Spear Hand	Turn - Shuto Uke	Shuto Uke

			
Turn - Shuto Uke	Shuto Uke	Step Across	Soto Uke
			
Maegeri	Gyakuzuki	Soto Uke	Maegeri
			
Gyakuxuki	Morote Uke	Step Round	Gedan Barraï
			
Jodan Uke	Gedan Barraï	Jodan Uke	Yame