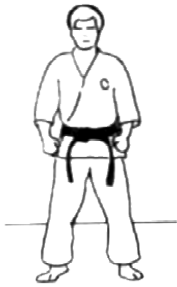

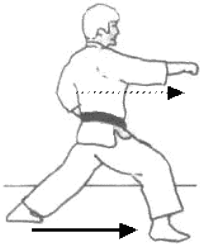



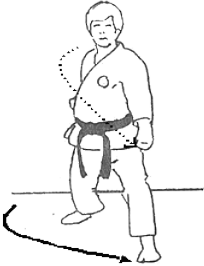

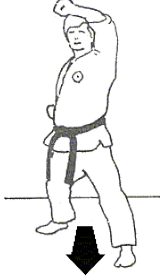

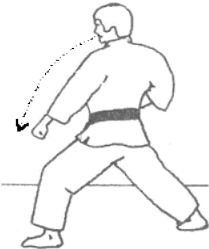

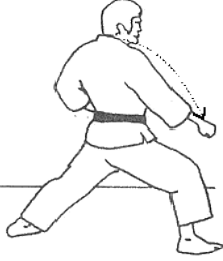
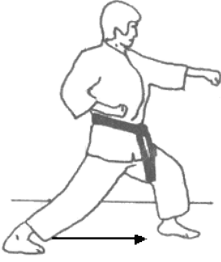
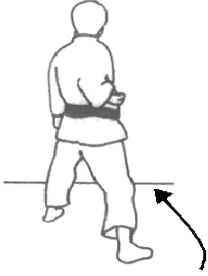
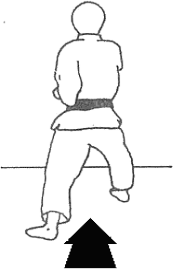
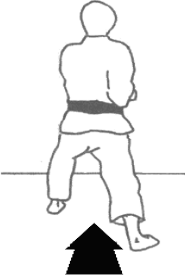
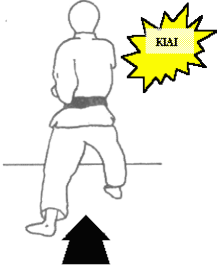







Heian Shodan

		
<p style="text-align: center;">Yoi</p>	<p style="text-align: center;">1- Hidari Gedan Barai Zenkutsu Dachi</p>	<p style="text-align: center;">2- Migi Oi Tsuki Chudan Zenkutsu Dachi</p>
		
<p style="text-align: center;">3- Migi Gedan Barai Zenkutsu Dachi</p>	<p style="text-align: center;">4- Migi Tetsui Uchi Zenkutsu Dachi</p>	<p style="text-align: center;">5- Hidari Oi Tsuki Chudan Zenkutsu Dachi</p>
		
<p style="text-align: center;">6- Hidari Gedan Barai Zenkutsu Dachi</p>	<p style="text-align: center;">7- Migi Age Uke Zenkutsu Dachi</p>	<p style="text-align: center;">8- Hidari Age Uke Zenkutsu Dachi</p>
		
<p style="text-align: center;">9- Migi Age Uke Zenkutsu Dachi</p>	<p style="text-align: center;">10- Hidari Gedan Barai Zenkutsu dachi</p>	<p style="text-align: center;">11- Migi Oi Tsuki Chudan Zenkutsu Dachi</p>

		
<p>12- Migi Gedan Barai Zenkutsu Dachi</p>	<p>13- Hidari Oi Tsuki Chudan Zenkutsu Dachi</p>	<p>14- Hidari Gedan Barai Zenkutsu Dachi</p>
		
<p>15- Migi Oi Tsuki Chudan Zenkutsu Dachi</p>	<p>16- Hidari Oi Tsuki Chudan Zenkutsu Dachi</p>	<p>17- Migi Oi Tsuki Chudan Zenkutsu Dachi</p>
		
<p>18- Hidari Chudan Shuto Uke Kokutsu Dachi</p>	<p>19- Migi Chudan Shuto Uke Kokutsu Dachi</p>	<p>20- Migi Chudan Shuto Uke Kokutsu Dachi</p>
		
<p>21- Hidari Chudan Shuto Uke Kokutsu Dachi</p>	<p>Yame</p>	