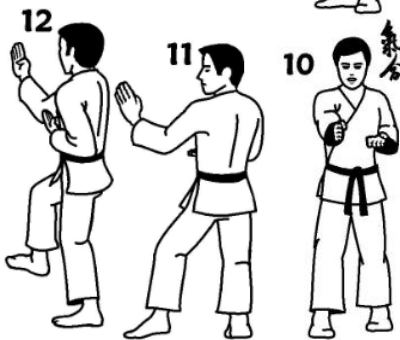
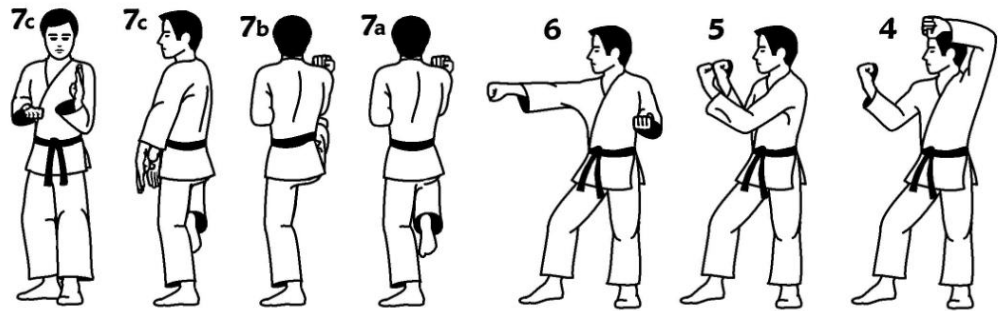
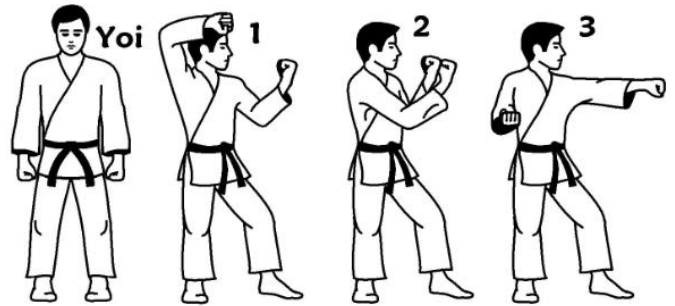


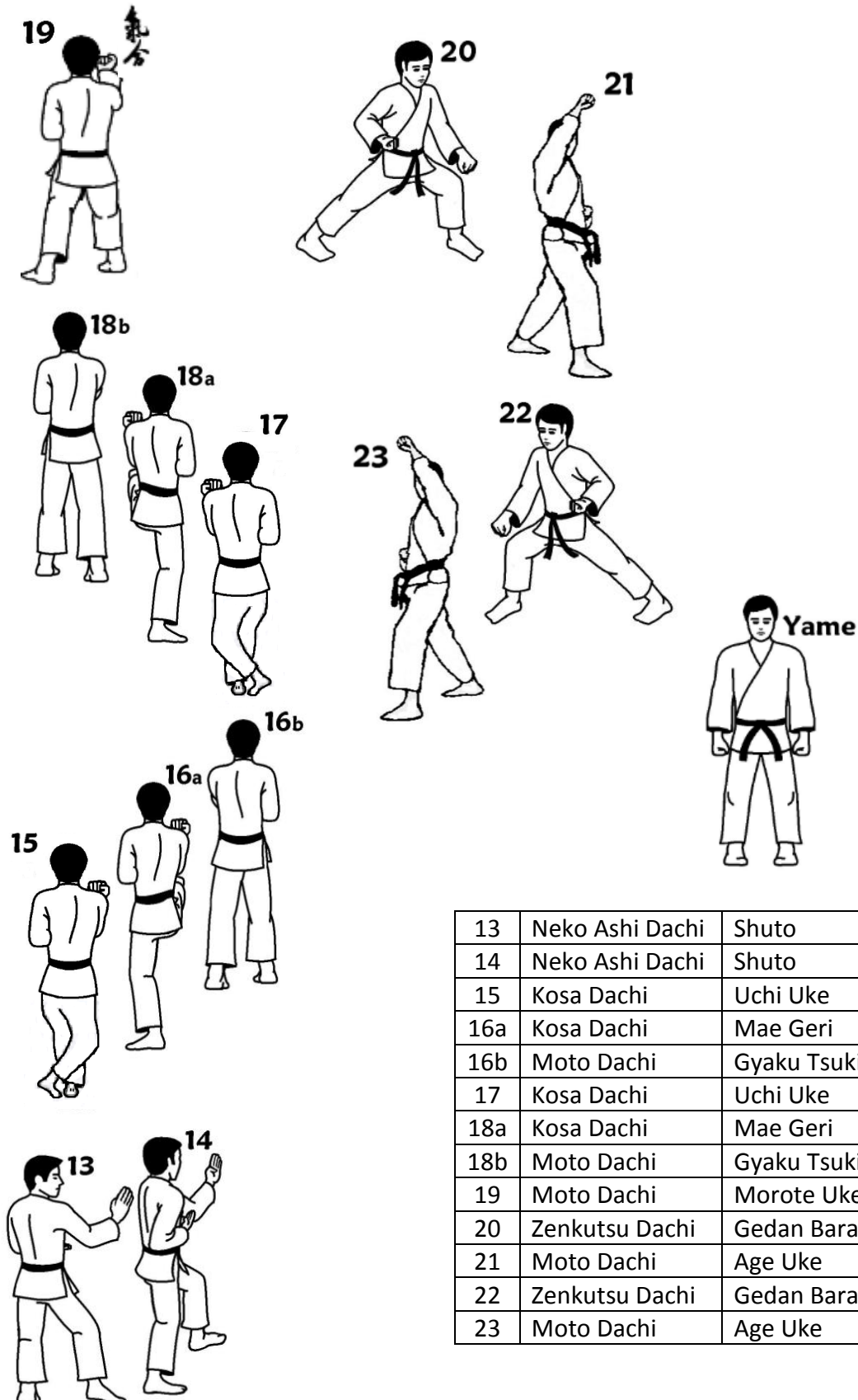


Pinan Shodan



1	Neko Ashi Dachi	Age Uke & Uchi Uke
2	Neko Ashi Dachi	Soto Uke & Tsuki Chudan
3	Neko Ashi Dachi	Oi Tsuki Chudan
4	Neko Ashi Dachi	Age Uke & Uchi Uke
5	Neko Ashi Dachi	Soto Uke & Tsuki Chudan
6	Neko Ashi Dachi	Oi Tsuki Chudan
7a	Neko Ashi Dachi	Uchi Uke
7b	Neko Ashi Dachi	Mae Geri
7c	Neko Ashi Dachi	Shuto
8	Neko Ashi Dachi	Shuto
9	Neko Ashi Dachi	Shuto
10	Moto Dachi	Nukite & Kiai
11	Neko Ashi Dachi	Shuto
12	Neko Ashi Dachi	Shuto

Pinan Shodan



13	Neko Ashi Dachi	Shuto
14	Neko Ashi Dachi	Shuto
15	Kosa Dachi	Uchi Uke
16a	Kosa Dachi	Mae Geri
16b	Moto Dachi	Gyaku Tsuki
17	Kosa Dachi	Uchi Uke
18a	Kosa Dachi	Mae Geri
18b	Moto Dachi	Gyaku Tsuki
19	Moto Dachi	Morote Uke & Kiai
20	Zenkutsu Dachi	Gedan Barai
21	Moto Dachi	Age Uke
22	Zenkutsu Dachi	Gedan Barai
23	Moto Dachi	Age Uke