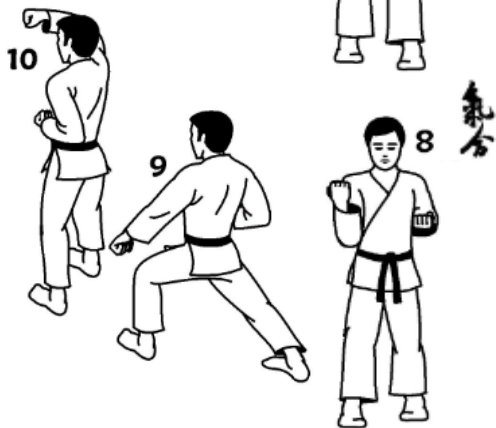
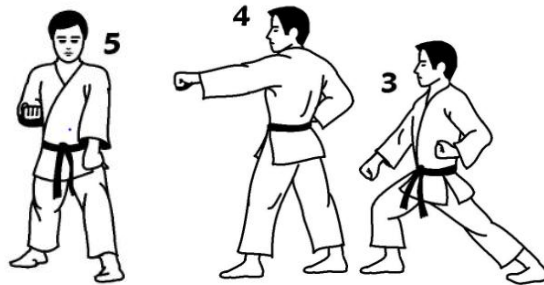
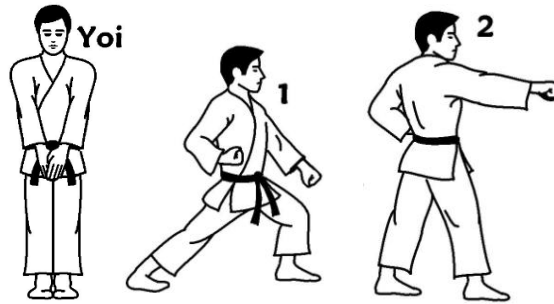




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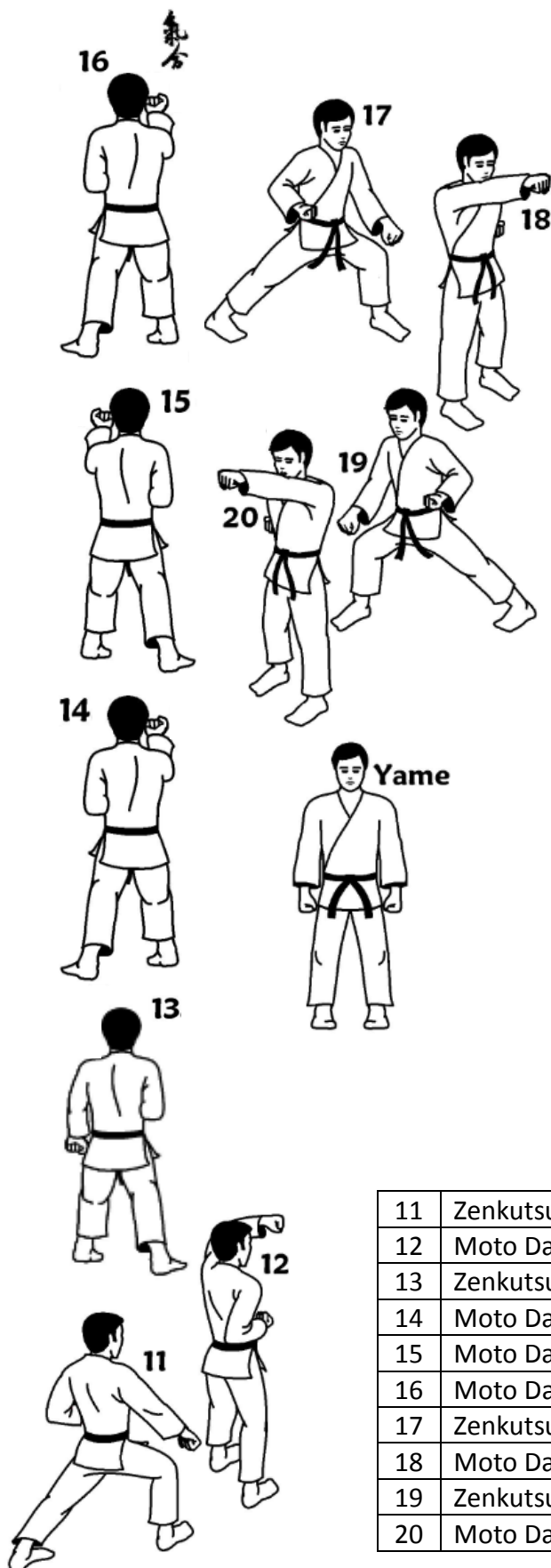


1	Zenkutsu Dachi	Gedan Barai
2	Moto Dachi	Oi Tsuki Chudan
3	Zenkutsu Dachi	Gedan Barai
4	Moto Dachi	Oi Tsuki Chudan
5	Zenkutsu Dachi	Gedan Barai
6	Moto Dachi	Soto Uke
7	Moto Dachi	Soto Uke
8	Moto Dachi	Soto Uke & Kiai
9	Zenkutsu Dachi	Gedan Barai
10	Moto Dachi	Age Uke

気合



Kihon Kata Ichi



11	Zenkutsu Dachi	Gedan Barai
12	Moto Dachi	Age Uke
13	Zenkutsu Dachi	Gedan Barai
14	Moto Dachi	Uchi Uke
15	Moto Dachi	Uchi Uke
16	Moto Dachi	Uchi Uke & Kiai
17	Zenkutsu Dachi	Gedan Barai
18	Moto Dachi	Oi Tsuki Jodan
19	Zenkutsu Dachi	Gedan Barai
20	Moto Dachi	Oi Tsuki Jodan