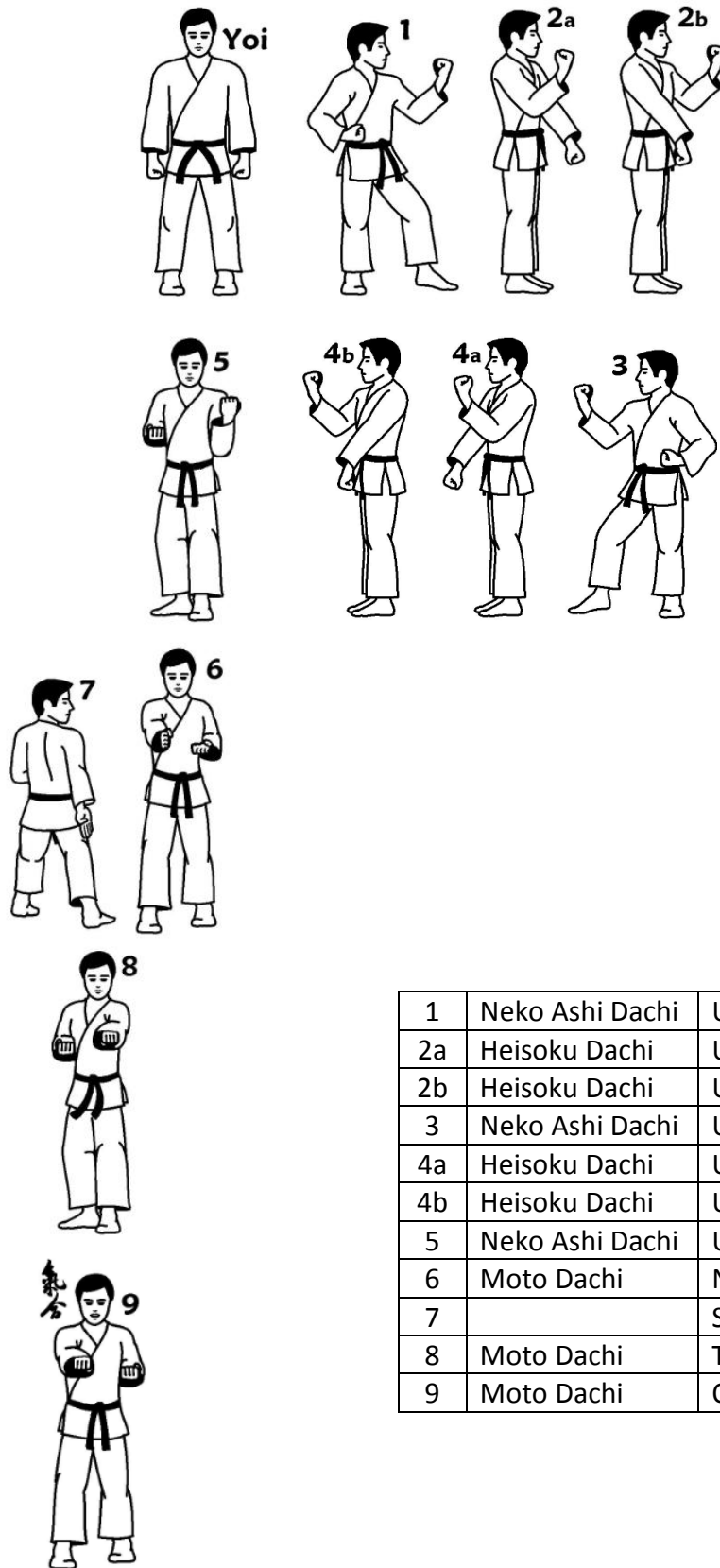


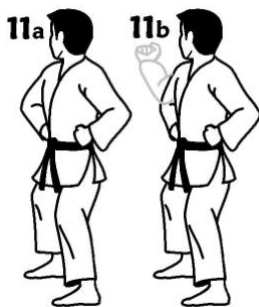
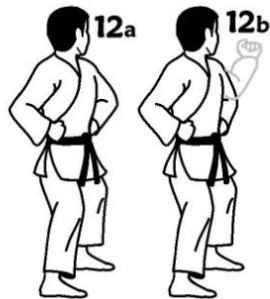
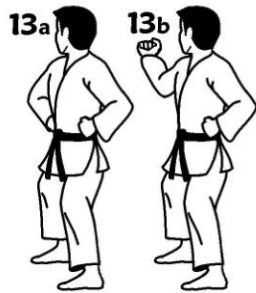
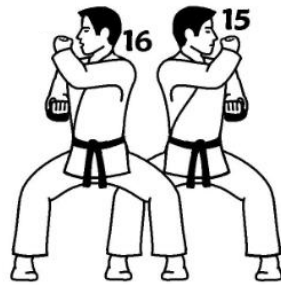


Pinan Sandan



1	Neko Ashi Dachi	Uchi Uke
2a	Heisoku Dachi	Uchi Uke & Gedan Barai
2b	Heisoku Dachi	Uchi Uke & Gedan Barai
3	Neko Ashi Dachi	Uchi Uke
4a	Heisoku Dachi	Uchi Uke & Gedan Barai
4b	Heisoku Dachi	Uchi Uke & Gedan Barai
5	Neko Ashi Dachi	Uchi Uke
6	Moto Dachi	Nukite
7		Sandanage
8	Moto Dachi	Tsuki Chudan
9	Moto Dachi	Oi Tsuki Chudan & Kiai

Pinan Sandan



10	Heisoku Dachi	Ryoken Koshi Kamae
11a	Shiko Dachi	Empi
11b	Shiko Dachi	Uraken
12a	Shiko Dachi	Empi
12b	Shiko Dachi	Uraken
13a	Shiko Dachi	Empi
13b	Shiko Dachi	Uraken
14	Moto Dachi	Oi Tsuki Chudan & Kiai
15	Shiko Dachi	Mawashi Tsuki Jodan & Ushiro Empi Uke
16	Shiko Dachi	Mawashi Tsuki Jodan & Ushiro Empi Uke