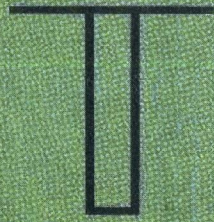


HEIAN SANDAN



Embusen



Rei



Kamae



1. Uchi uke →



2. Uchi uke/Gedan barai →

Kosa



3. Gedan barai/Uchi uke ←



4. Uchi uke ←



5. Gedan barai/Uchi uke ←



6. Uchi uke/Gedan barai ↓



7. Morote uke ↓



8. Nukite ↓



9A. Giro ↓



9B. Tettsui ↓



10. Oi zuki ↓ KIAI



11. Kamae



12. Fumikomi/Empi uke ↑

kuji



13. Tate uraken



14. Fumikomi/Empi uke ↑



15. Tate uraken



16. Fumikomi/Empi uke ↑



17. Tate uraken



18A. Tate shuto



18B. Oi zuki ↑



19A. Kiba dachi ↑



19B. Tsuki age/Ushiro empi →



20. Ushiro empi/Tsuki age ←



Kamae



Rei