





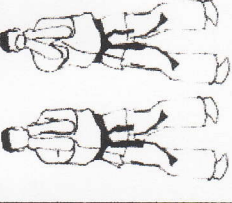
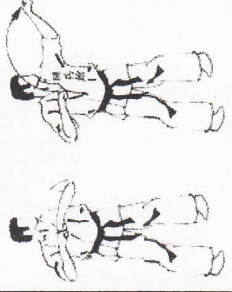
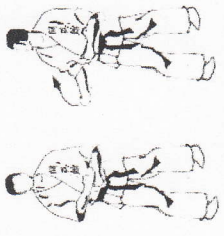

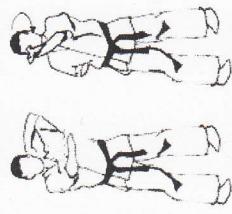
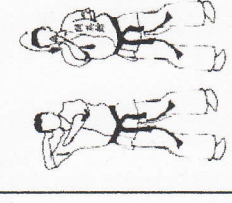





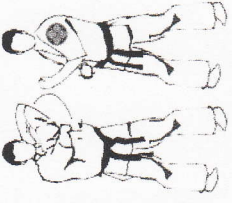

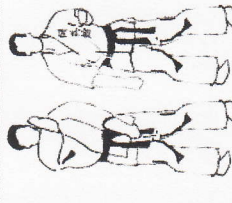








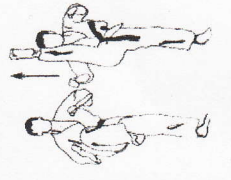


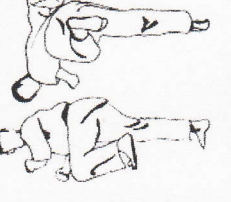


KIHON

 Sanchin Dachi	 Seiken Chudan Zuki	 Seiken Jodan Zuki	 Seiken Shita Zuki	 Seiken Kagi Zuki	 Seiken Ago Uchi	 Uraken Shomen Uchi	 Uraken Yoko Uchi	 Uraken Hizo Uchi
 Jodan Hiji Uchi	 Shuto Jodan Uchi	 Shuto Sakotsu Uchi	 Shuto Sakotsu Uchi Komi	 Shuto Uchi Uchi	 Shuto Hizo Uchi	 Sanchin Dachi	 Seiken Jodan Uke	 Seiken Soto Uke
 Seiken Uchi Uke	 Seiken Gedan Barai	 Uchi Uke Gedan Barai	 Mae Keage	 Uchi Mawashi Geri	 Soto Mawashi Geri	 Chudan Mawashi Geri	 Jodan Mawashi Geri	 Hiza Geri
 Chudan Mae Geri	 Jodan Mae Geri	 Yoko Keage	 Gedan Yoko Geri	 Ushiro Geri				