



YOI



1
Zenkutsu Dachi
Hidari Gedan Barai



2
Zenkutsu Dachi
Migi Chudan Oi Tsuki



5
Zenkutsu Dachi
Hidari Chudan Oi Tsuki



4
Migi Shizentai
Tettsui Uchi



3
Zenkutsu Dachi
Migi Gedan Barai



8
Zenkutsu Dachi
Hidari Age Uke



7
Zenkutsu Dachi
Migi Age Uke



6
Zenkutsu Dachi
Hidari Gedan Barai



11
Zenkutsu Dachi
Migi Chudan Oi Tsuki



10
Zenkutsu Dachi
Hidari Gedan Barai



9
Zenkutsu Dachi
Migi Age Uke



12
Zenkutsu Dachi
Migi Gedan Barai



13
Zenkutsu Dachi
Hidari Chudan Oi Tsuki



14
Zenkutsu Dachi
Hidari Gedan Barai



17
Zenkutsu Dachi
Migi Chudan Oi Tsuki



16
Zenkutsu Dachi
Hidari Chudan Oi Tsuki



15
Zenkutsu Dachi
Migi Chudan Oi Tsuki



20
Kokutsu Dachi
Migi Chudan Shuto Uke



19
Kokutsu Dachi
Migi Chudan Shuto Uke



18
Kokutsu Dachi
Hidari Chudan Shuto Uke



YAME



21
Kokutsu Dachi
Hidari Chudan Shuto Uke