



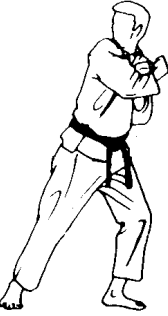









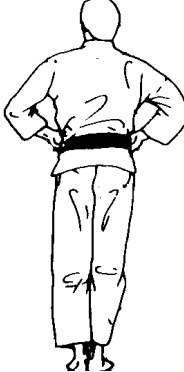










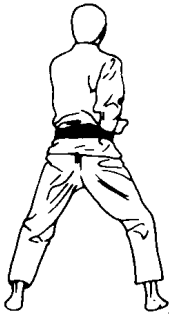


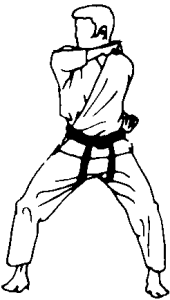




Kata Pinan Sandan

			
Yoi	Soto Uke	Soto Uke - Gedan Barrai	Soto Uke - Gedan Barrai
			
Turn 180	Soto Uke	Soto Uke - Gedan Barrai	Soto Uke - Gedan Barrai
			
Turn 90 Soto Uke	Spear Hand	Front Foot Across	Step Round
			
Tetsui Strike	Junzuki	Step Up Turn	Step Forward

			
Block Past	Tetsui Strike	Step Forward	Block past
			
Tetsui Strike	Step Forward	Block Past	Tetsui Strike
			
Junzuki	Step R. Leg Up	Step L. Leg Across	Turn - Empi -Strike
			
Step Across	Empi - Strike	Yame	