





























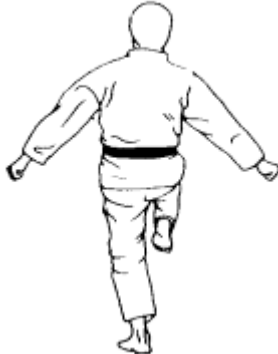










Pinan Yodan

			
Yoi	Block	Block	Turn - Prepare
			
Gedan Juji Uke	Morote Uke	Step Up	Gedan Barai - Maegeri
			
Empi	Step Up	Gedan Barai - Maegeri	Empi
			
Step Across Block	Maegeri	Prepare	Back Fist

			
Step Round	Soto Uke	Maegeri	Junzuki
			
Gyakuzuki	Soto Uke	Maegeri	Junzuki
			
Gyakuzuki	Morote Uke	Morote Uke	Morote Uke
			
Prepare	Double Block	Pull -Knee	Step Across

			
<p>Prepare</p>	<p>Block</p>	<p>Step Across</p>	<p>Prepare</p>
			
<p>Block</p>	<p>Break Stance</p>	<p>Yamae</p>	