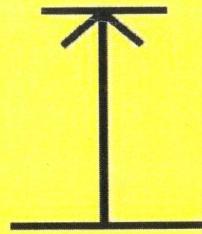


# HEIAN SHODAN



Embusen



Rei



Kamae



1. Gedan barai →



2. Oi zuki →



3. Gedan barai ←



4A. Recoger



4B. Tettsui ←



5. Oi zuki ←



6. Gedan barai ↓



7A. Mano abierta



7B. Age uke ↓



8. Age uke ↓



9. Age uke KIAI ↓



10. Gedan barai ←



11. Oi zuki ←



12. Gedan barai →



13. Oi zuki →



14. Gedan barai ↑



15. Oi zuki ↑



16. Oi zuki ↑



17. Oi zuki KIAI ↑



18. Shuto uke →



19. Shuto uke ↘



20. Shuto uke ←



21. Shuto uke ↙



Kamae



Rei