

Kata Heian Shodan



1 Rei Musubidachi

2 Yoi

3 Ghedambarai sx

4 Oizuki dx

5 Ghedambarai dx



6 Kentsuiuchi dx

7 Oizuki sx

8 Ghedambarai sx

9 Tateuke sx

10 Agheuke dx



11 Agheuke sx

12 Agheuke dx
Kiai

13 Ghedambarai sx

14 Oizuki dx

15 Ghedambarai dx



16 Oizuki sx

17 Ghedambarai sx

18 Oizuki dx

19 Oizuki sx

20 Oizuki dx
Kiai



21 Shutouke sx

22 Shutouke dx 45°

23 Shutouke dx

24 Shutouke sx 45°

25 Yoi