

Heian Godan



1 Rei

2 Yoi

3 Uchiuke sx
kokutsudachi sx

4 Gyakuzuki dx
kokutsudachi sx



5 Kamae sx
heisokudachi

6 Uchiuke dx
kokutsudachi dx

7 Gyakuzuki sx
kokutsudachi dx

8 Kamae dx
heisokudachi



9 Moroteuke dx
kokutsudachi dx

10 Jujiuke ghedan
zenkutsudachi

11 Jujiuke jodan
zenkutsudachi

Rotazione (a)
zenkutsudachi



Rotazione (b)

Rotazione (c)

12 Ikite

13 Kentsui sx



14 Oizuki kiai

15 Mikazukigheri dx
Ghedambarai dx



Caricamento

16 Haishuuke sx

17 Mikazukigheri dx

18 Kibadachi
Maempi dx



19 Kosadachi
Moroteuke dx

20 Renojidachi sx
aghezuki dx

21 Tobi (salto)
Kiai



22 Kosadachi dx
jujuke ghedan

23 Moroteuke
zenkutsudachi dx

Caricamento

24 Nukite dx
zenkutsudachi sx



25 Ghedambarai sx
Jodan uchiuke dx

26 heisokudachi 27 Te nagashiuke
heisokudachi dx



28 Nukite sx

29 Ghedambarai dx
Jodan uchiuke sx kiai



30 Yoi

31 Rei