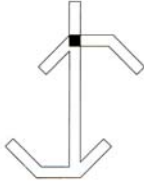


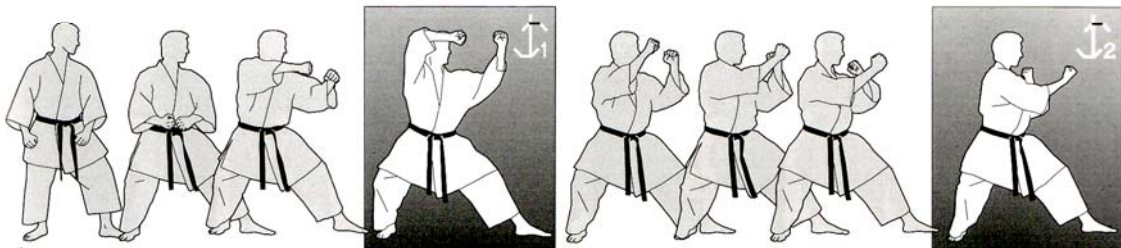
平安二段 Heian nidan

Frieden und Ruhe, 2. Stufe

Enbusen



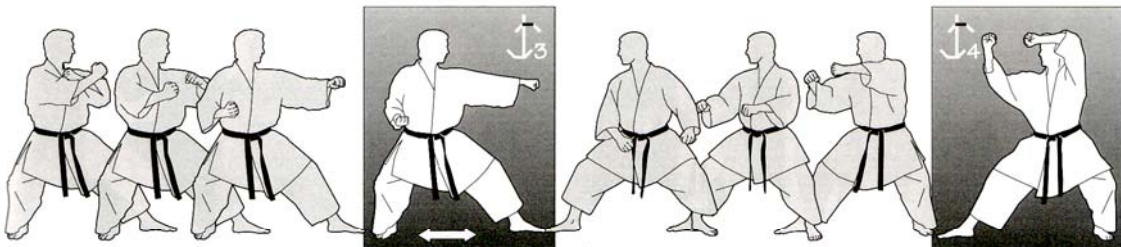
Yûi
Hachi ji dachi



90°

Jûdan haiwan uke - Jûdan kamae
Kôkutsu dachi

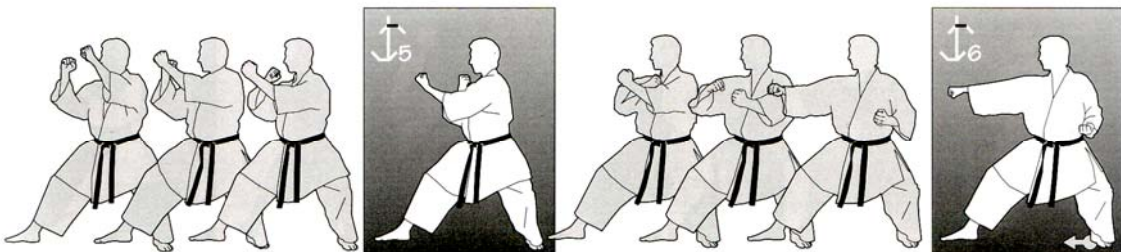
Soto uke - Chûdan tetsui uchi
Kôkutsu dachi



180°

Chûdan tetsui uchi
Kôkutsu dachi

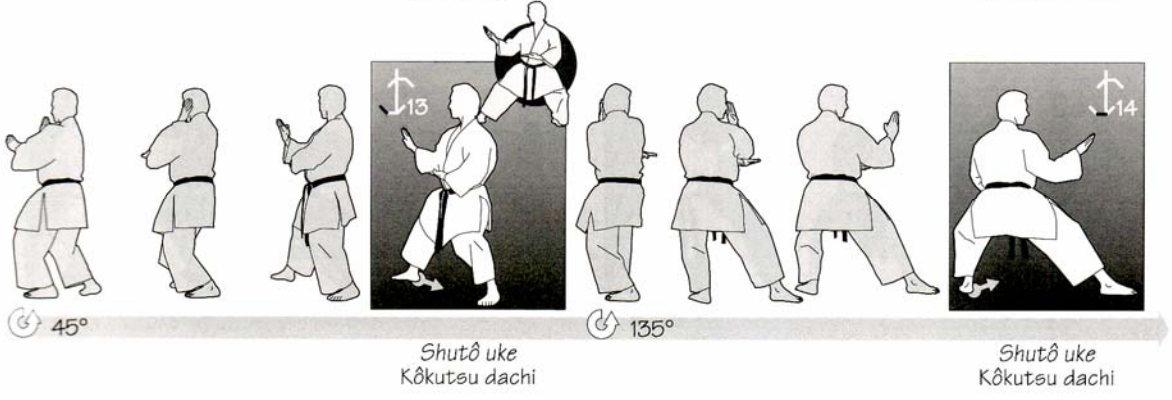
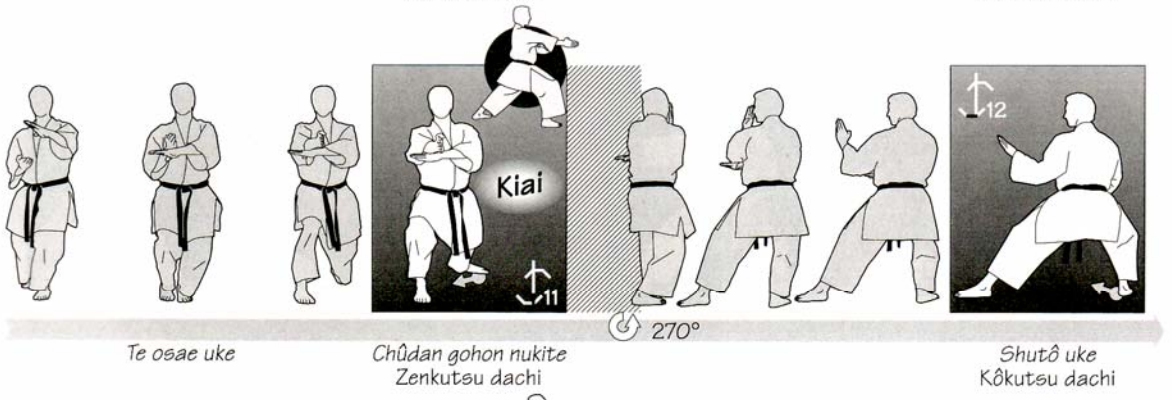
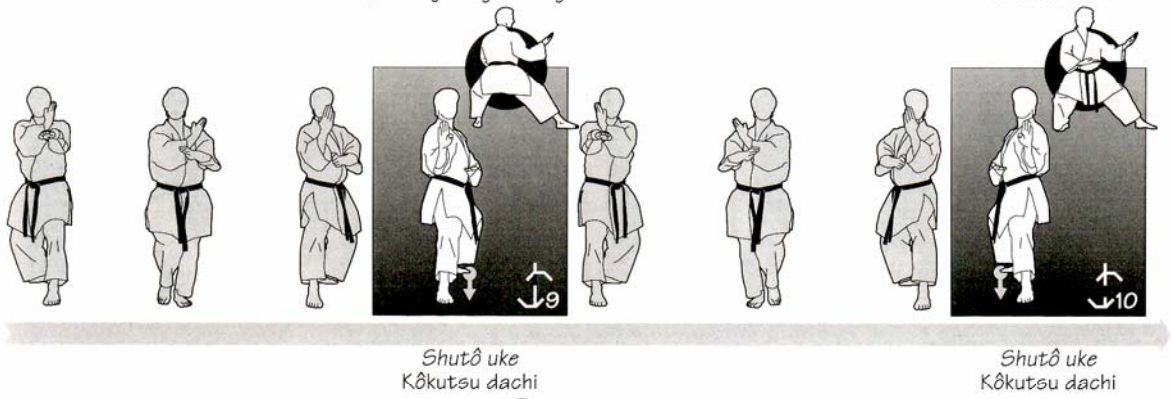
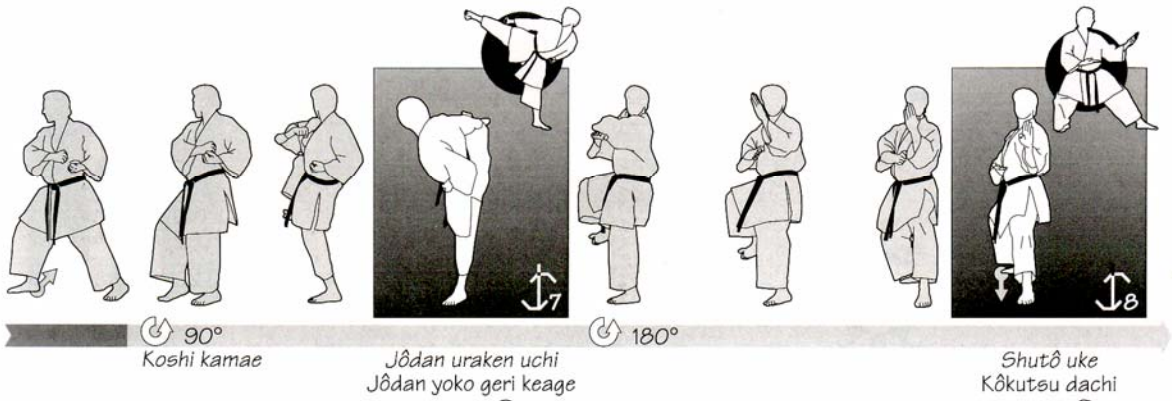
Jûdan haiwan uke - Jûdan kamae
Kôkutsu dachi



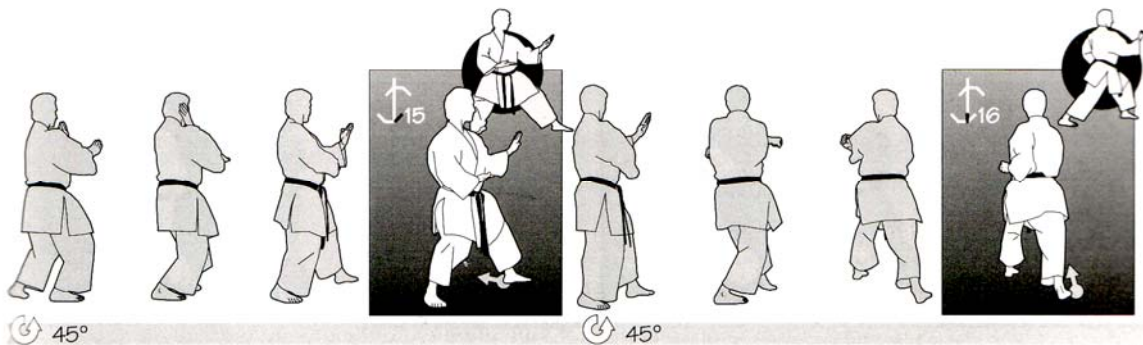
Soto uke - Chûdan tetsui uchi
Kôkutsu dachi

Chûdan tetsui uchi
Kôkutsu dachi

Heian nidan

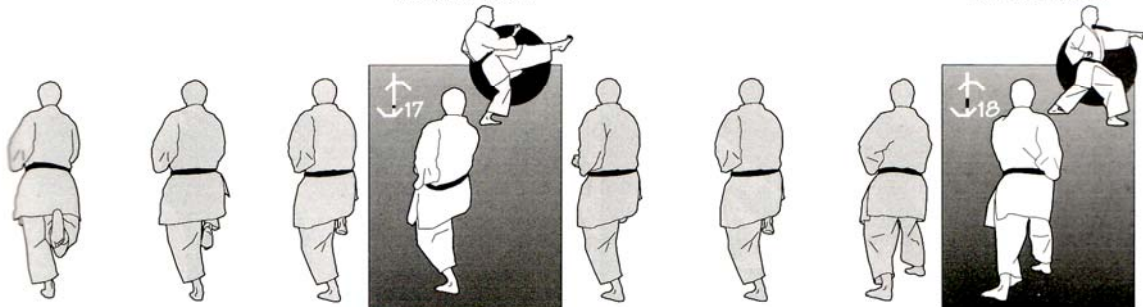


Heian nidan



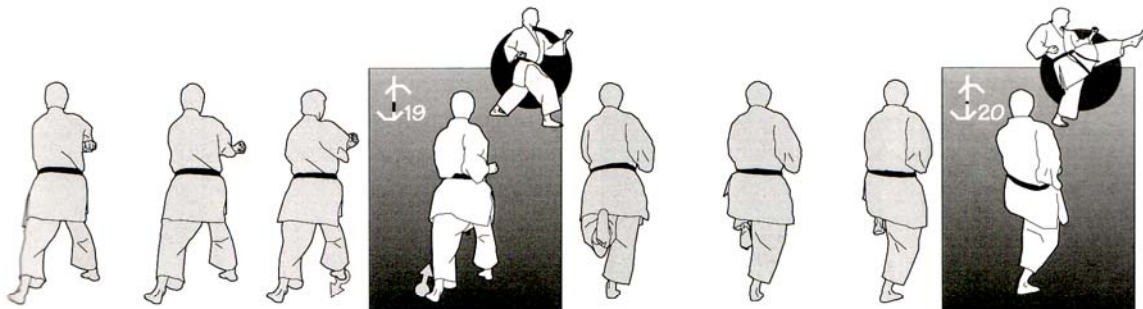
Shutô uke
Kôkutsu dachi

Uchi uke gyaku hanmi
Zenkutsu dachi



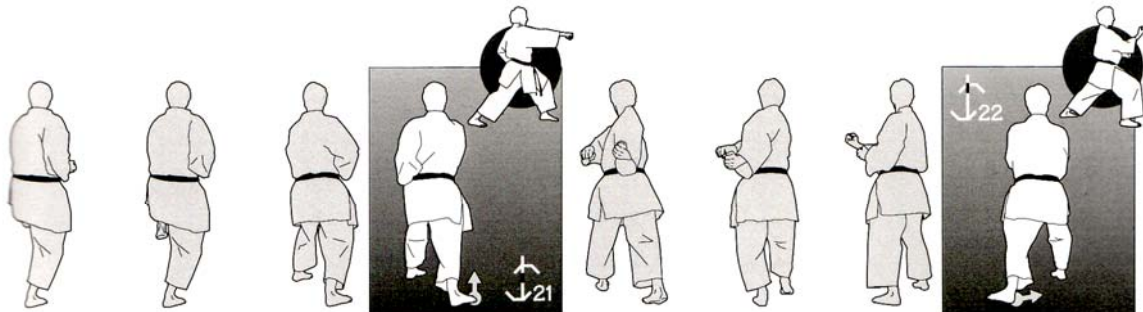
Chûdan mae geri keage

Chûdan gyaku zuki
Zenkutsu dachi



Uchi uke gyaku hanmi
Zenkutsu dachi

Chûdan mae geri keage



Chûdan gyaku zuki
Zenkutsu dachi

Chûdan morote uke
Zenkutsu dachi

Heian nidan

