

PINAN GODAN.



Yoi



Block.



Gyakuzuki.



Kamae.



Block.



Gyakuzuki



Kamae.



Sasaki



Step cosaki.



Hands to chest.



Cosaki jodan.



Turn Tetsui.



Tetsui.  
Side view



Oizuki.



Spin Tetsui.



Pull up Tetsui.



Open hand



Step Empi



Step Uraken.  
Kiai.



Slide into Kamae.



Jump/turn



Spin Tetsui.



Pull up Tetsui.



Open hand



Step Empi



Step Uraken.  
Kiai.



Kamae.

Side view 14 - 20



Jump/turn



Cosaki.



Step Sasaki.  
Kiai.



Sasaki.  
S.v. Kiai.



Turn Gedan Uke.



Pull up.



Step Gedan Uke.



Yoi.  
Finish.

**SWEAT  
PLUS  
SACRIFICE  
EQUALS  
SUCCESS**