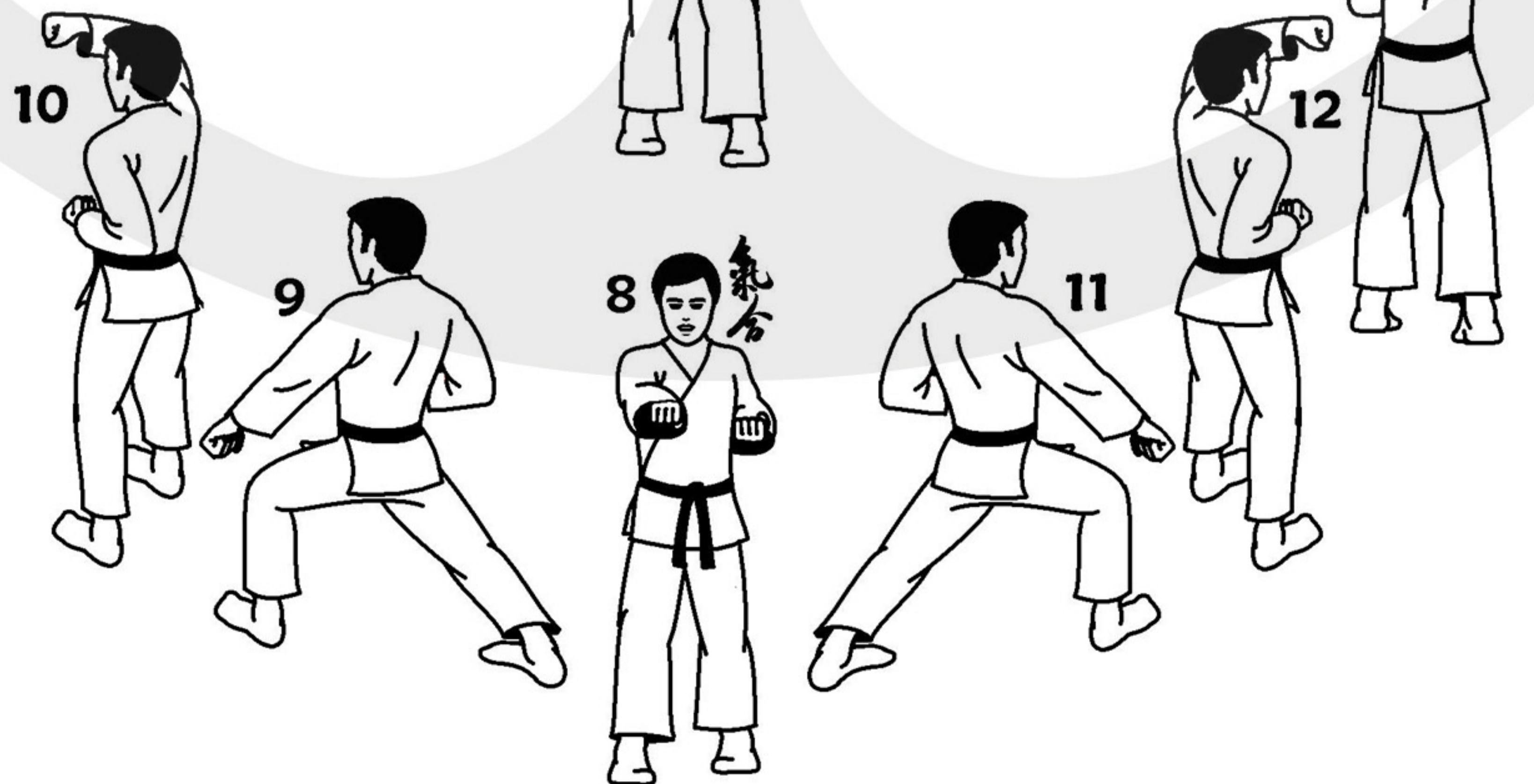
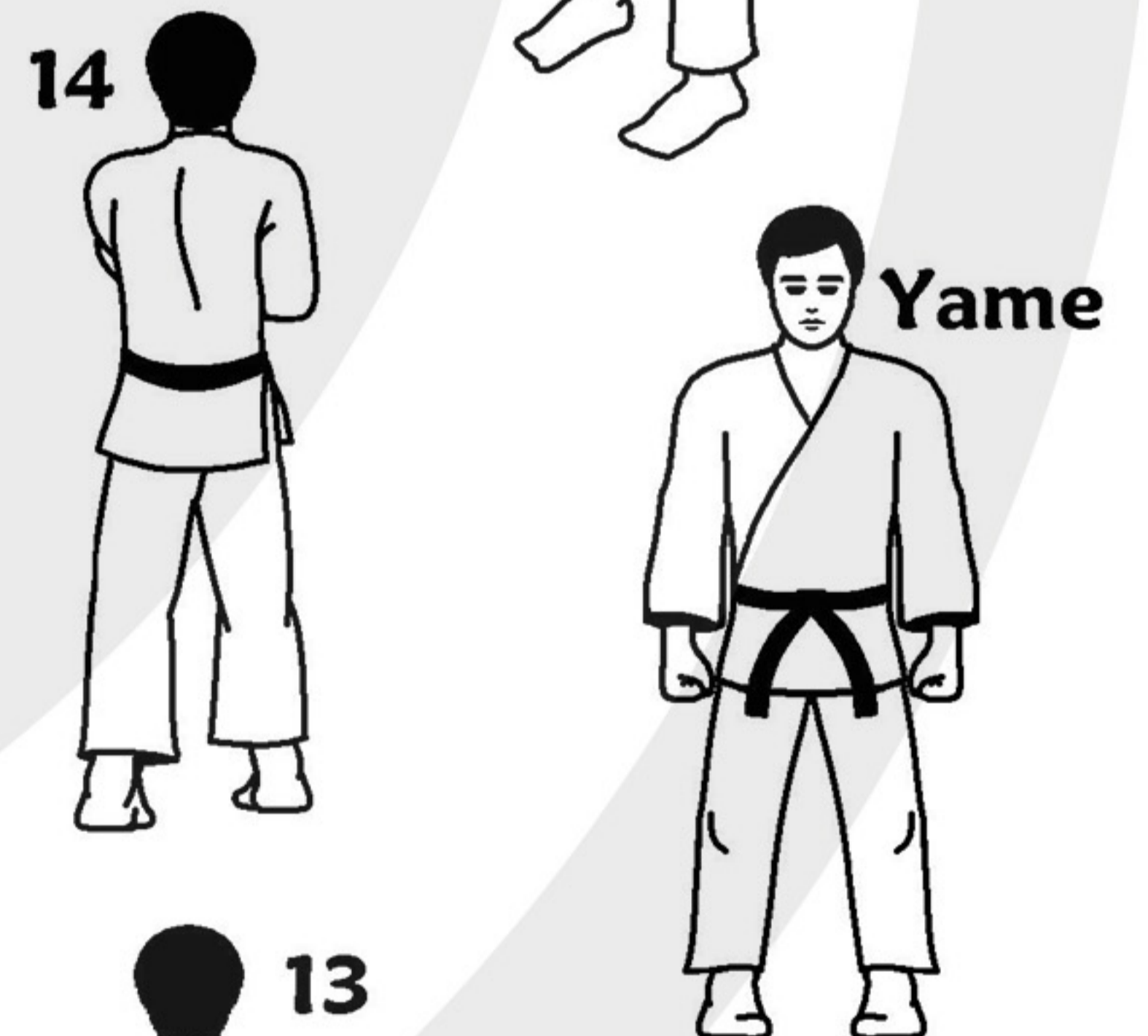
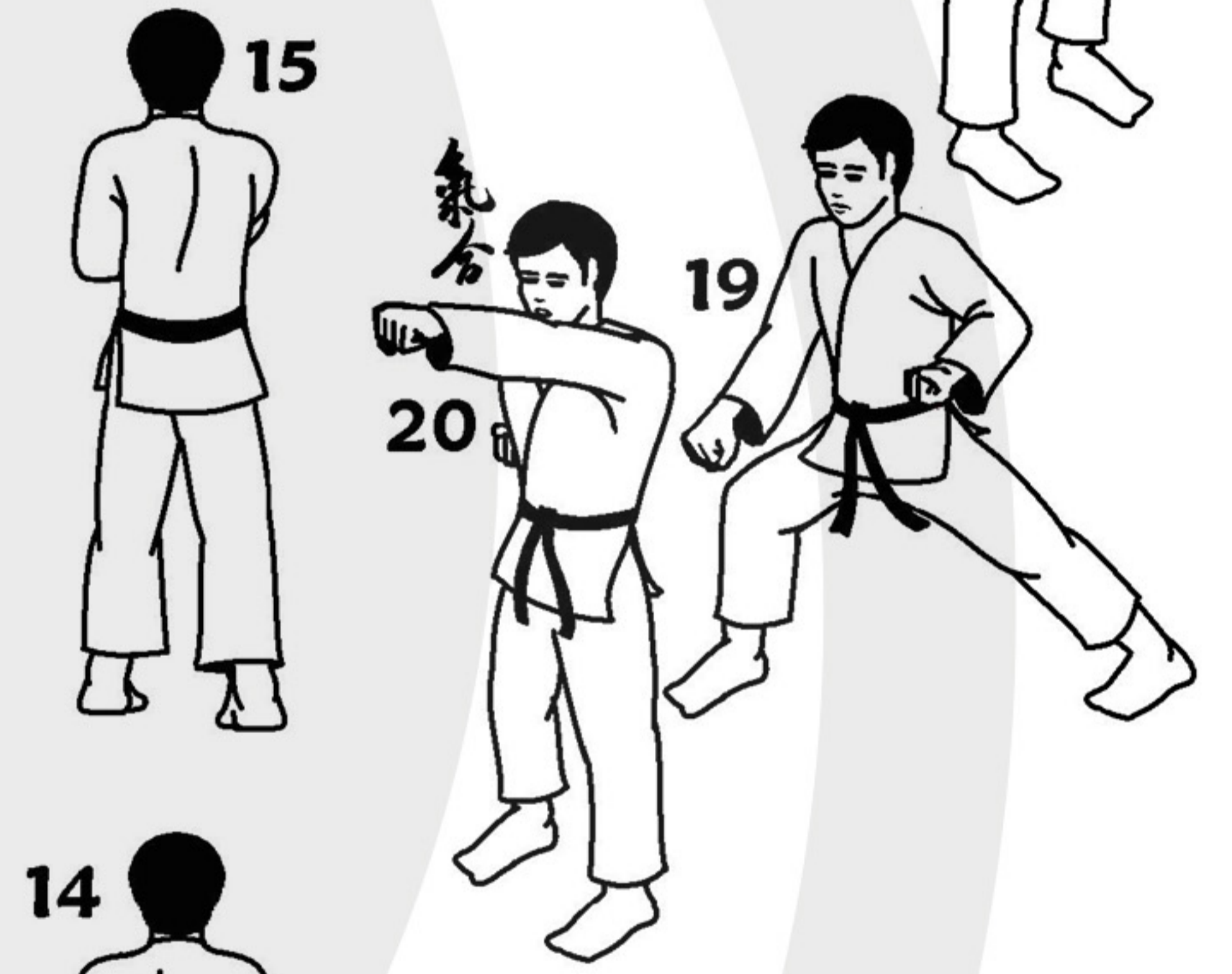
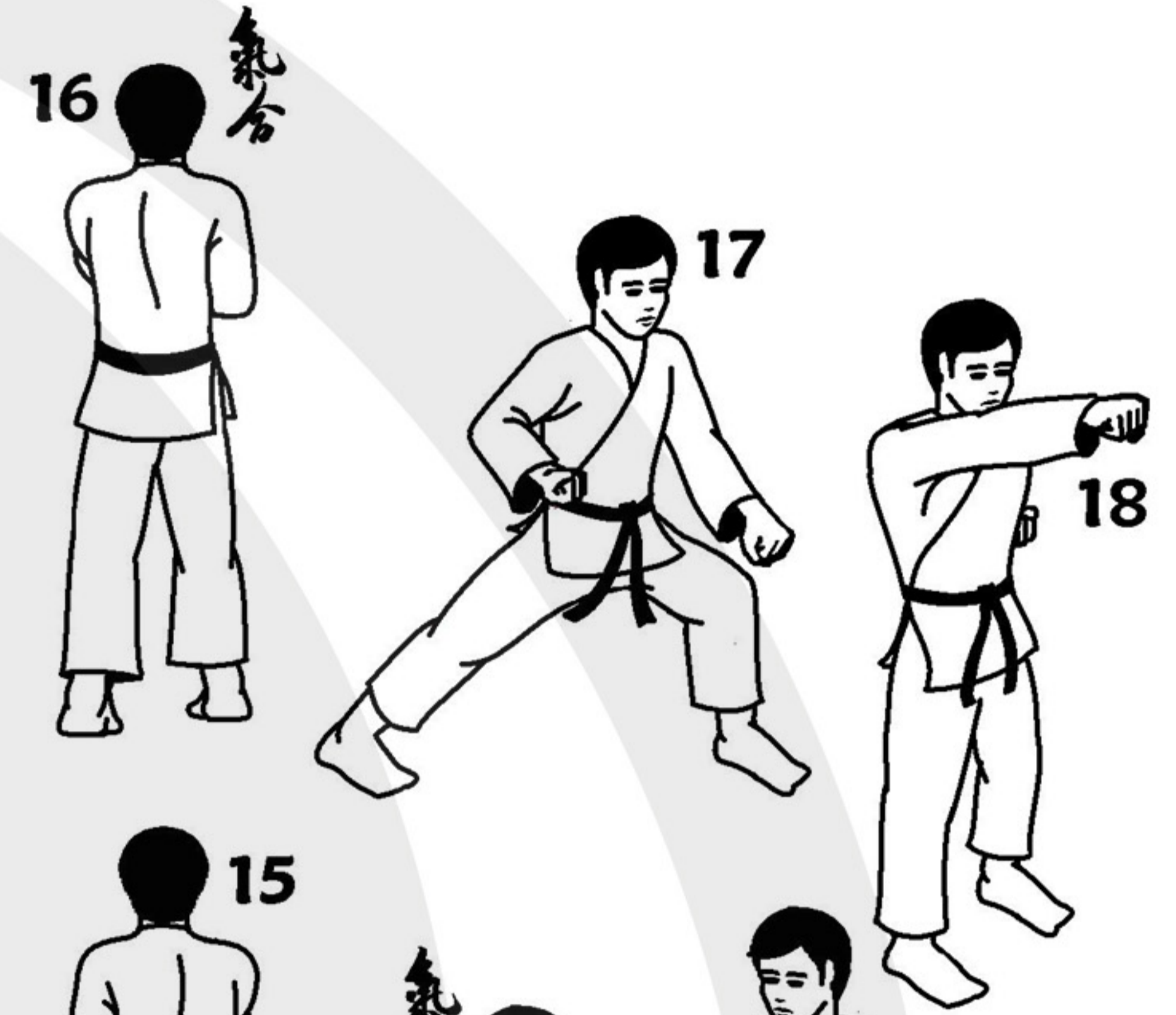
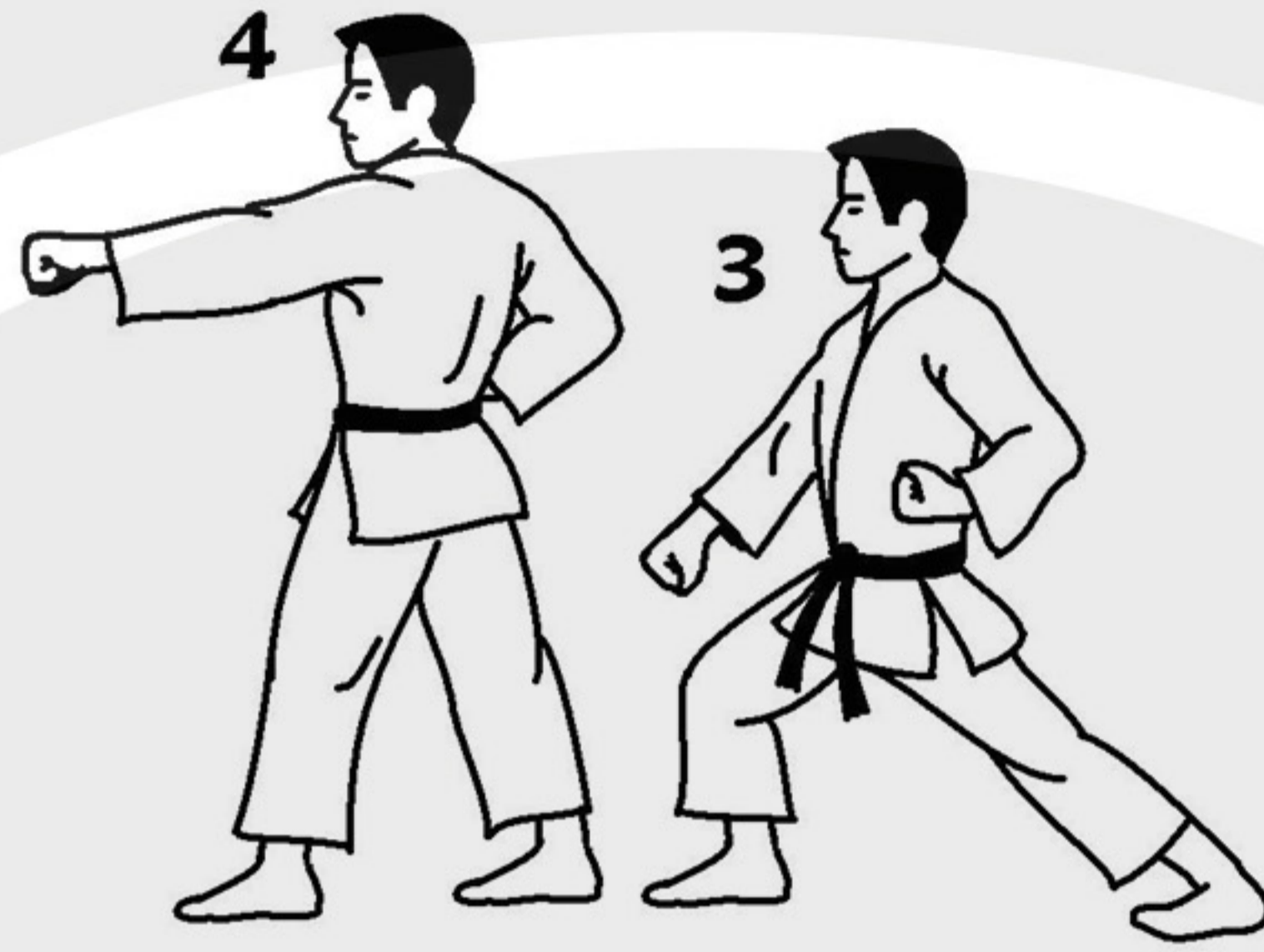
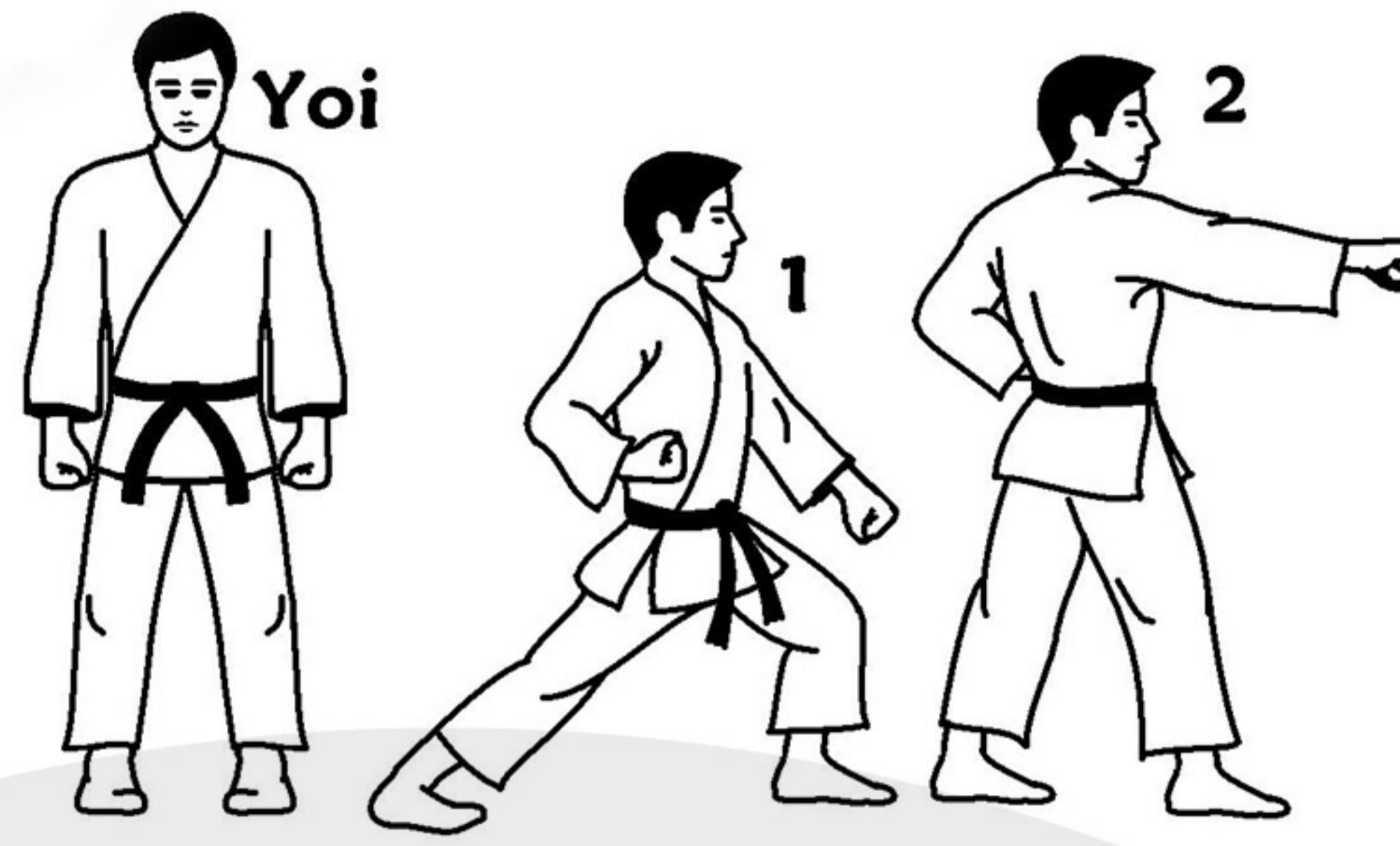
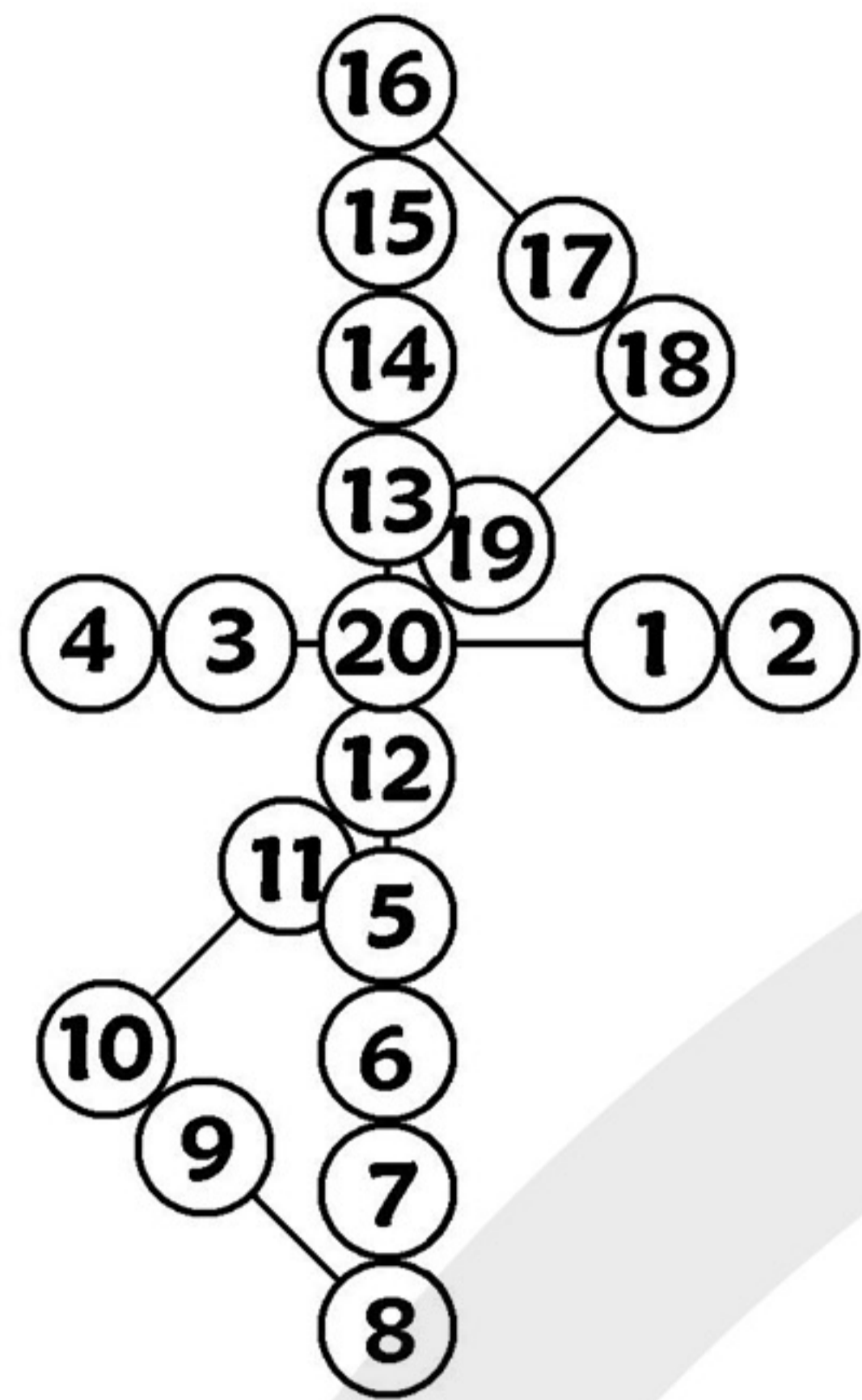


# FUKYU KATA



- |                    |                           |
|--------------------|---------------------------|
| 1. Zenkutsu-Dachi  | Gedan-Uke                 |
| 2. Sanchin-Dachi   | Chudan-Oi-Tsuki           |
| 3. Zenkutsu-Dachi  | Gedan-Uke                 |
| 4. Sanchin-Dachi   | Chudan-Oi-Tsuki           |
| 5. Zenkutsu-Dachi  | Gedan-Uke                 |
| 6. Sanchin-Dachi   | Chudan-Oi-Tsuki           |
| 7. Sanchin-Dachi   | Chudan-Oi-Tsuki           |
| 8. Sanchin-Dachi   | Chudan-Oi-Tsuki & Kiai    |
| 9. Zenkutsu-Dachi  | Gedan-Uke                 |
| 10. Sanchin-Dachi  | Age-Tsuki                 |
| 11. Zenkutsu-Dachi | Gedan-Uke                 |
| 12. Sanchin-Dachi  | Age-Tsuki                 |
| 13. Sanchin-Dachi  | Chudan-Gyaku-Tsuki        |
| 14. Sanchin-Dachi  | Chudan-Gyaku-Tsuki        |
| 15. Sanchin-Dachi  | Chudan-Gyaku-Tsuki        |
| 16. Sanchin-Dachi  | Chudan-Gyaku-Tsuki & Kiai |
| 17. Zenkutsu-Dachi | Gedan-Uke                 |
| 18. Sanchin-dachi  | Jodan-Oi-Tsuki            |
| 19. Zenkutsu-Dachi | Gedan-Uke                 |
| 20. Sanchin-dachi  | Jodan-Oi-Tsuki            |