



YAMATO KARATE-DO

KATA CURRICULUM

Shotokan Karate - Technical Reference



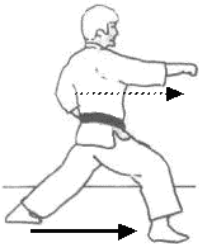
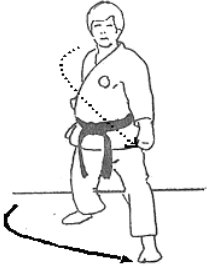
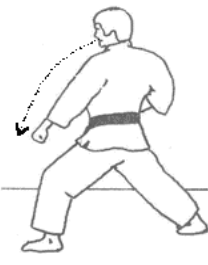
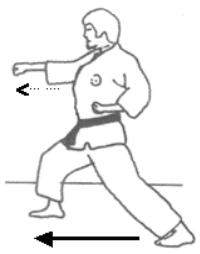
YAMATO KARATE-DO

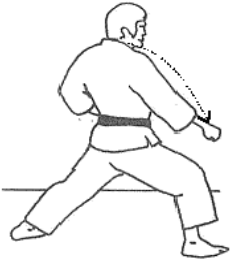
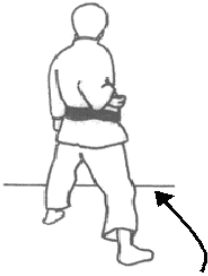
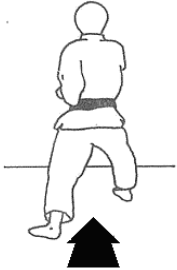
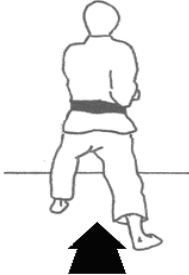
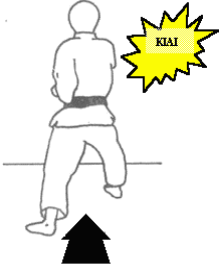
HEIAN SHODAN

Peaceful Mind - First Level

The first Heian kata introduces the basic foundations of Shotokan karate: stable stances, direct blocks, punches and clear changes of direction.

Heian Shodan

		
Yoi	1- Hidari Gedan Barai Zenkutsu Dachi	2- Migi Oi Tsuki Chudan Zenkutsu Dachi
		
3- Migi Gedan Barai Zenkutsu Dachi	4- Migi Tettui Uchi Zenkutsu Dachi	5- Hidari Oi Tsuki Chudan Zenkutsu Dachi
		
6- Hidari Gedan Barai Zenkutsu Dachi	7- Migi Age Uke Zenkutsu Dachi	8- Hidari Age Uke Zenkutsu Dachi
		
9- Migi Age Uke Zenkutsu Dachi	10- Hidari Gedan Barai Zenkutsu dachi	11- Migi Oi Tsuki Chudan Zenkutsu Dachi

		
12- Migi Gedan Barai Zenkutsu Dachi	13- Hidari Oi Tsuki Chudan Zenkutsu Dachi	14- Hidari Gedan Barai Zenkutsu Dachi
		
15- Migi Oi Tsuki Chudan Zenkutsu Dachi	16- Hidari Oi Tsuki Chudan Zenkutsu Dachi	17- Migi Oi Tsuki Chudan Zenkutsu Dachi
		
18- Hidari Chudan Shuto Uke Kokutsu Dachi	19- Migi Chudan Shuto Uke Kokutsu Dachi	20- Migi Chudan Shuto Uke Kokutsu Dachi
		
21- Hidari Chudan Shuto Uke Kokutsu Dachi	Yame	



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HEIAN NIDAN

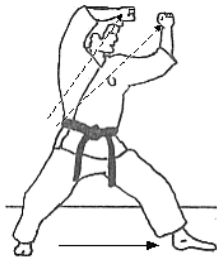
Peaceful Mind - Second Level

This kata expands the foundation with combined techniques, side kicks, knife-hand blocks and more varied transitions between stances.

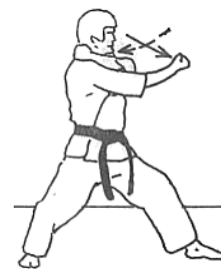
Heian Nidan



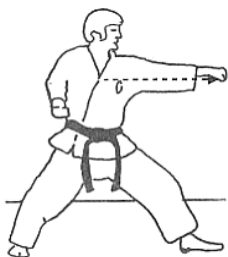
Yoi



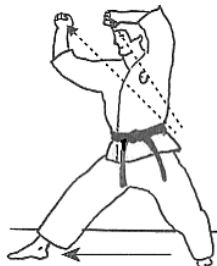
1- Hidari Haiwan Uke Kokutsu Dachi



2- Hidari Ude Uke - Migi Ura Tsuki Kokutsu Dachi



3- Hidari Chudan Yoko Tsuki Kokutsu Dachi



4- Migi Haiwan Uke Kokutsu Dachi



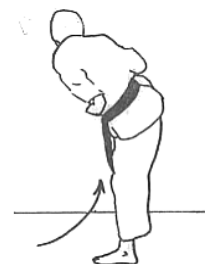
5- Migi Ude Uke - Hidari Ura Tsuki Kokutsu Dachi



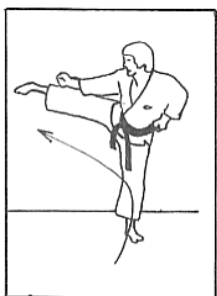
6- Migi Chudan Yoko Tsuki Kokutsu Dachi



7- A Koshi Kamae



7- Migi Uraken Uchi Yoko Geri Keage



Lateral view



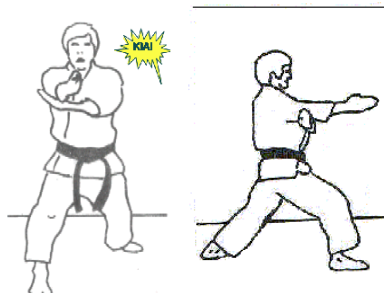
8- Hidari Chudan Shuto Uke Kokutsu Dachi



9- Migi Chudan Shuto uke Kokutsu Dachi



10- Hidari Chudan Shuto uke Kokutsu Dachi



11- Hidari Osae Uke-Migi Chudan Nukite Zenkutsu dachi



12- Hidari Chudan Shuto Uke Kokutsu Dachi



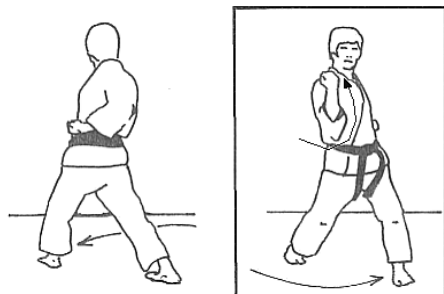
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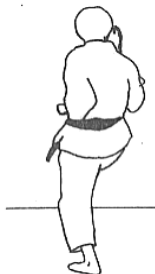
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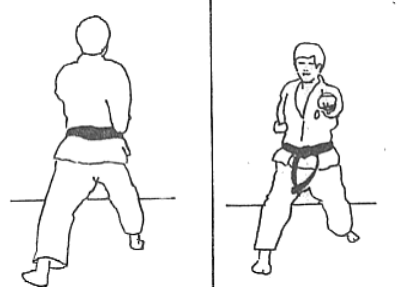
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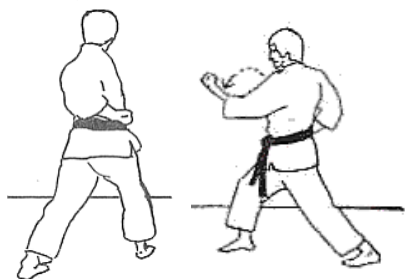
16- Migi Gyaku Hanmi Uchi Uke Zenkutsu Dachi



17- Migi Mae Geri



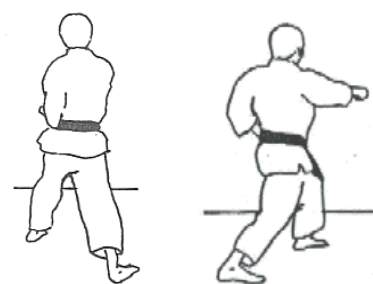
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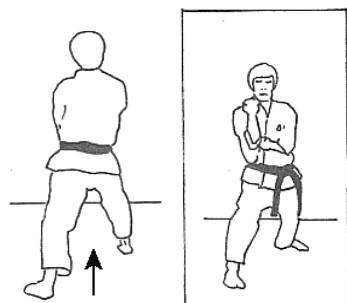
19- Hidari Gyaku Hanmi Uchi Uke Zenkutsu Dachi



20- Hidari Mae Geri



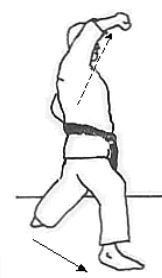
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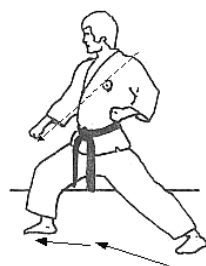
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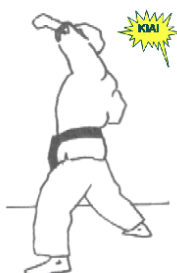
23- Hidari Gedan Barai Zenkutsu Dachi



24- Migi Jodan Age uke Zenkutsu Dachi



25- Migi Gedan Barai Zenkutsu Dachi



26- Hidari Jodan Age uke Zenkutsu Dachi



Yame



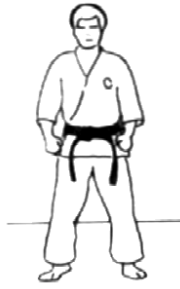
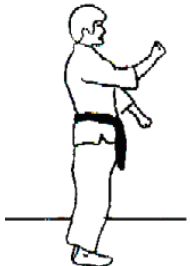
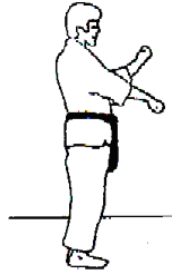
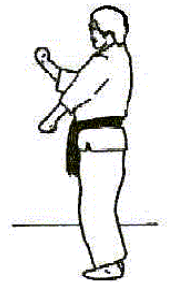
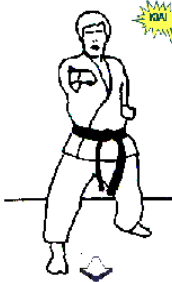
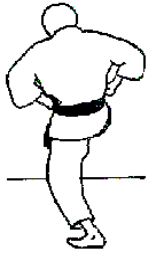
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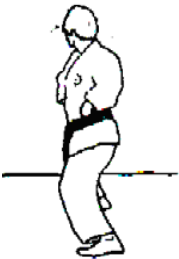
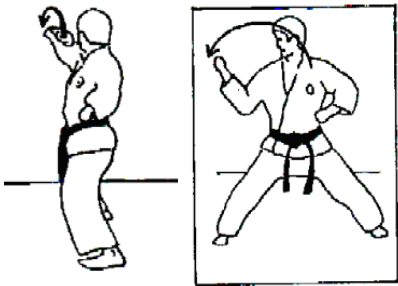
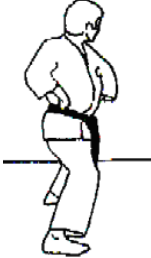
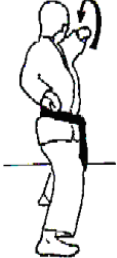
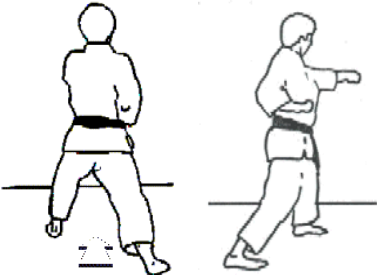
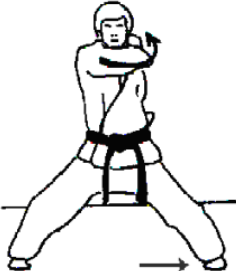
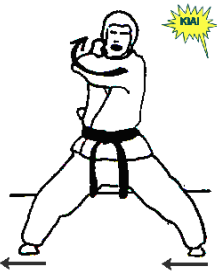
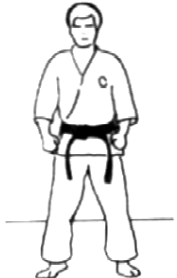
HEIAN SANDAN

Peaceful Mind - Third Level

Heian Sandan develops close-range coordination, turning, elbow techniques and strong use of kiba dachi.

Heian Sandan

		
<i>Yoi</i>	<i>1- Hidari Chudan Uchi Uke Kokutsu Dachi</i>	<i>2- Kosa Uke Heisoku Dachi</i>
		
<i>3- Kosa Uke Heisoku Dachi</i>	<i>4- Migi Chudan Uchi Uke Kokutsu Dachi</i>	<i>5- Kosa Uke Heisoku Dachi</i>
		
<i>6- Kosa Uke Heisoku Dachi</i>	<i>7- Hidari Morote Uke Kokutsu Dachi</i>	<i>8- Hidari Osae Uke-Migi Chudan Nukite Zenkutsu Dachi</i>
		
<i>Lateral view</i>	<i>9- Hidari Chudan Tettsui Uchi Kiba Dachi</i>	<i>Lateral view</i>
		
<i>10- Migi Chudan Oi Tsuki Zenkutsu Dachi</i>	<i>11- Koshi Gamae Heisoku dachi</i>	<i>12- A Migi Fumikomi</i>

		
12- Migi Empi Uke Kiba Dachi	<i>Lateral view</i>	13- Migi Jodan Tate Uraken Uchi Kiba Dachi
		
14- A Hidari Fumikomi	14- Hidari Empi Uke Kiba Dachi	15- Hidari Jodan Tate Uraken Uchi Kiba Dachi
		
16- A Migi Fumikomi	16- Migi Empi Uke Kiba Dachi	17- Migi Jodan Tate Uraken Uchi Kiba Dachi
		
18- Migi Tate Shuto Uke Kiba Dachi	<i>Lateral view</i>	19- Hidari Chudan Oi Tsuki Zenkutsu Dachi
		
20- Migi Mawashi Tsuki Hidari Ushiro Empi - Kiba Dachi	21- Hidari Mawashi Tsuki Migi Ushiro Empi - Kiba Dachi	Yame



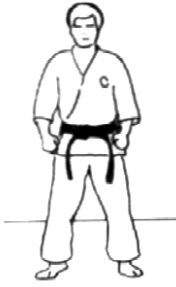
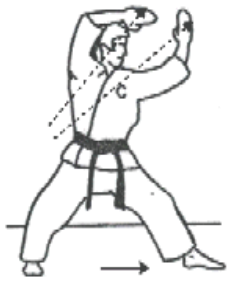
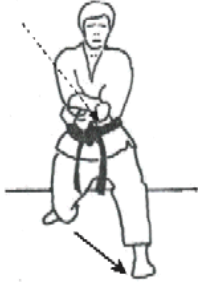
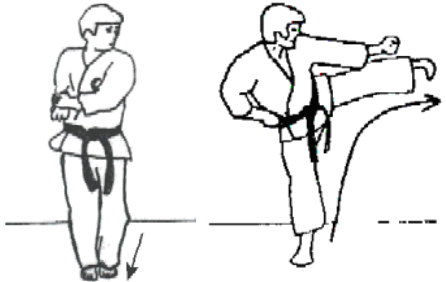
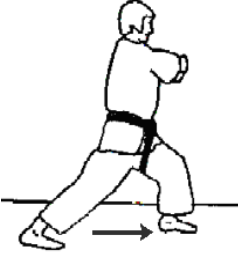
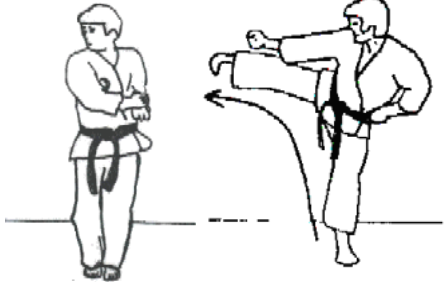
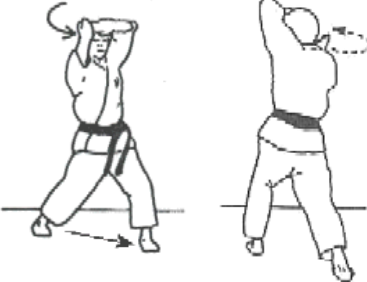
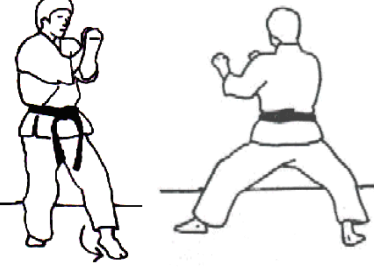
YAMATO KARATE-DO

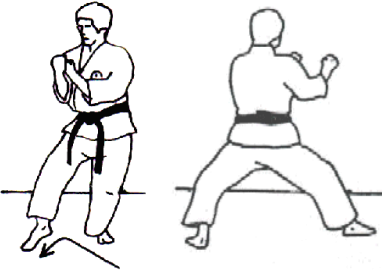
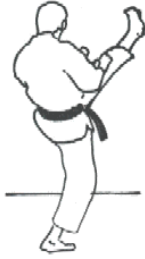
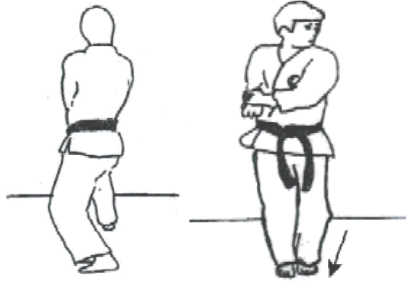
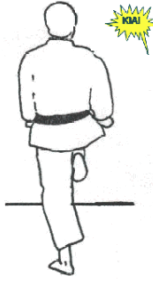
HEIAN YONDAN

Peaceful Mind - Fourth Level

This kata combines balance, control and dynamic movement through open-hand techniques, kicks, blocks and elbow strikes.

Heian Yondan

		
Yoi	1- Hidari Haiwan Uke Kokutsu Dachi	2- Migi Haiwan Uke Kokutsu Dachi
		
3- Hidari Gedan Juji Uke Zenkutsu Dachi	4- Migi Chudan Morote Uke Kokutsu Dachi	5- Hidari Uraken Uchi Yoko Geri Keage
		
6- Migi Mawashi Empi Zenkutsu Dachi	7- Migi Uraken Uchi Yoko Geri Keage	8- Hidari Mawashi Empi Zenkutsu Dachi
		
9- Hidari Shuto Gedan Barai Zenkutsu Dachi	10- Migi Gyaku Shuto Uchi Zenkutsu Dachi	11- Migi Mae Geri
		
12- Migi Tate Uraken Uchi Kosa Dachi	13- Hidari Chudan Kakiwake Uke Kokutsu Dachi	14- Migi Mae Geri

		
15- Migi Chudan Oi Tsuki Zenkutsu Dachi	16- Hidari Chudan Gyaku Tsuki Zenkutsu Dachi	17- Migi Chudan Kakiwake Uke Kokutsu Dachi
		
18- Hidari Mae Geri	19- Hidari Chudan Oi Tsuki Zenkutsu Dachi	20- Migi Chudan Gyaku Tsuki Zenkutsu Dachi
		
21- Hidari Chudan Morote Uke Kokutsu Dachi	22- Migi Chudan Morote Uke Kokutsu Dachi	23- Hidari Chudan Morote Uke Kokutsu Dachi
		
24- Hidari Jodan Seiryuto Uchi Zenkutsu Dachi	Front view	25- Migi Hiza Geri Ippon dachi
		
26- Hidari Chudan Shuto Uke Kokutsu Dachi	27- Migi Chudan Shuto Uke Kokutsu Dachi	Yame



YAMATO KARATE-DO

HEIAN GODAN

Peaceful Mind - Fifth Level

The final Heian kata combines advanced transitions, crossed blocks, sweeping actions and a jump into a compact, flowing form.

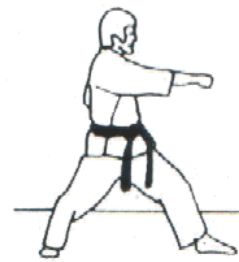
Heian Godan



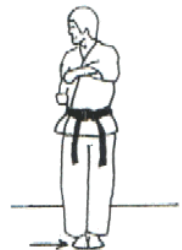
Yoi



1- Hidari Chudan Uchi Uke Kokutsu Dachi



2- Migi Chudan Gyaku Tsuki Kokutsu Dachi



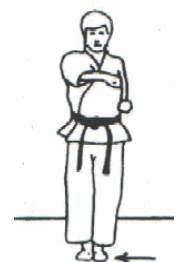
3- Hidari Kagi Tsuki Kamae Heisoku Dachi



4- Migi Chudan Uchi Uke Kokutsu Dachi



5- Hidari Chudan Gyaku Tsuki Kokutsu Dachi



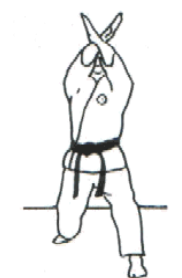
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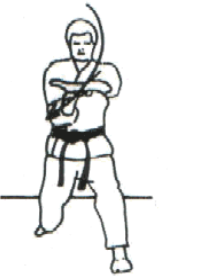
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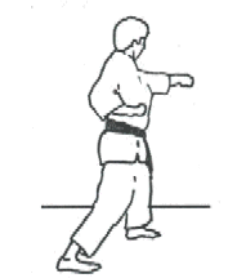
8- Hidari Gedan Juji Uke Zenkutsu Dachi



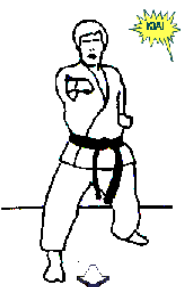
9- Hidari Jodan Haishu Juji Uke Zenkutsu Dachi



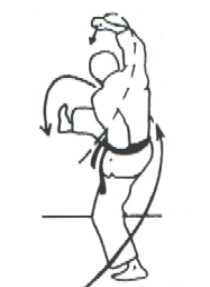
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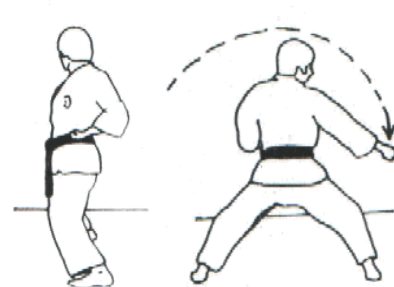
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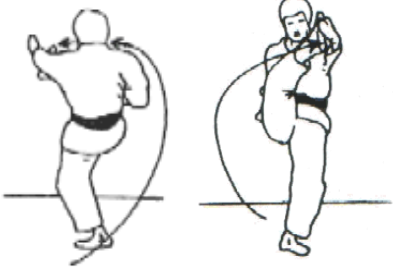
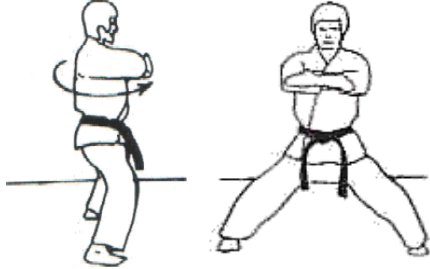
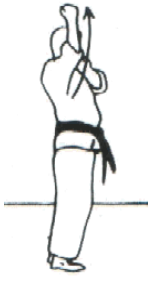
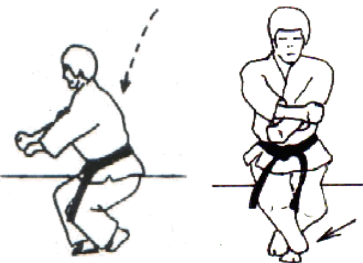
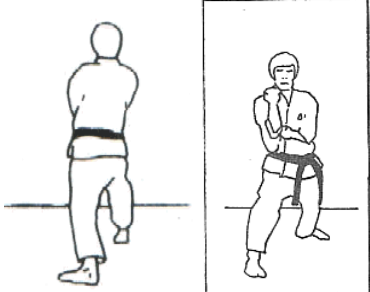
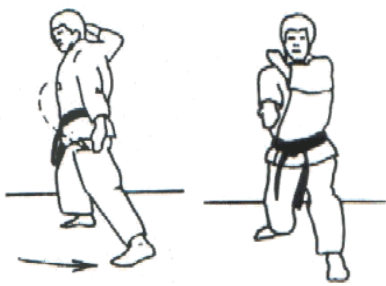
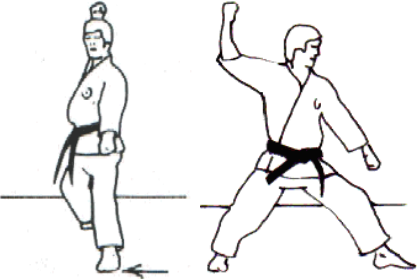
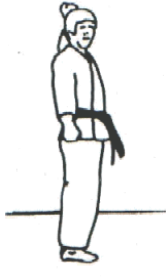
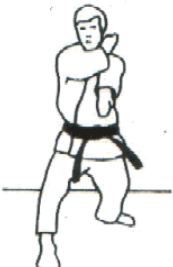
12- Migi Chudan Oi Tsuki Zenkutsu Dachi



13- A Migi Fumikomi



13- Migi Gedan barai Kiba Dachi

		
14- Hidari Chudan Haishu Uke Kiba Dachi	15- Migi Mikazuki Geri	16- Migi Mawashi Empi Kiba Dachi
		
17- Migi Chudan Morote Uke Kosa Dachi	18- Migi Jodan Ura Tsuki Age Renoji Dachi	Tobi
		
19- Migi Gedan Juji Uke Kosa Dachi	20- Migi Morote Uke Zenkutsu Dachi	21- Hidari Nagashi - Migi Gedan Nukite Zenkutsu Dachi
		
22- Hidari Manji Uke Kokutsu Dachi	23- Hidari Manji Uke Kamae Heisoku Dachi	24- Migi Manji Uke Kamae Heisoku Dachi
		
25- Migi Nagashi - Hidari Gedan Nukite Zenkutsu Dachi	26- Migi Manji Uke Kokutsu Dachi	Yame



YAMATO KARATE-DO

TEKKI SHODAN

Iron Horse - First Level

Tekki Shodan is performed along a single lateral line and emphasizes kiba dachi, hip action and powerful close-range techniques.

Tekki Shodan



Yoi



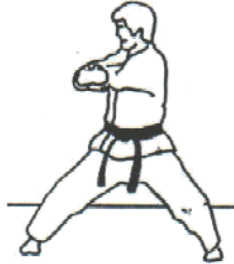
1- Hidari Kosa Dach



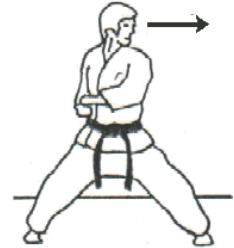
2- A Migi Fumikomi



2- Migi Haishu Uke Kiba Dachi



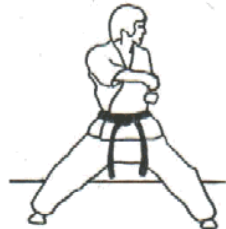
3- Hidari Mawashi Empi Kiba Dachi



4- Migi Koshi kamae Kiba Dachi



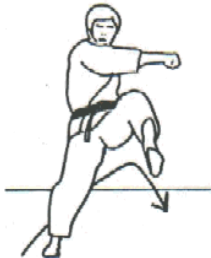
5- Hidari Gedan Barai Kiba Dachi



6- Hidari Kagi Tsuki Kiba Dachi



7- Migi Kosa Dachi



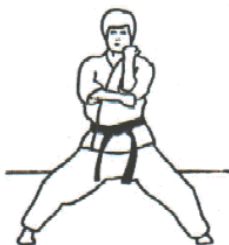
8- A Hidari Fumikomi



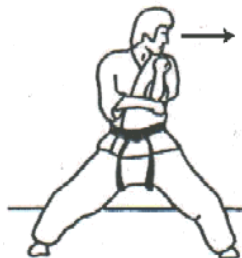
8- Migi Uchi Uke Kiba Dachi



9- Hidari Jodan Nagashi Uke Kiba Dachi



10- Hidari Jodan Ura Zuki Kiba Dachi



11- A



11- Hidari Nami Ashi



12- Hidari Chudan Tate Uke Kiba Dachi



13- A



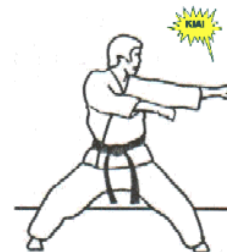
13- Migi Nami Ashi



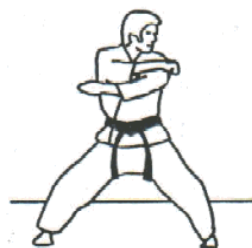
14- Hidari Chudan Soto Uke Kiba Dachi



15- Migi Koshi kamae Kiba Dachi



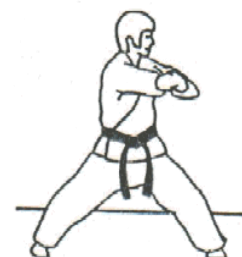
16- Hidari Morote Tsuki Kiba Dachi



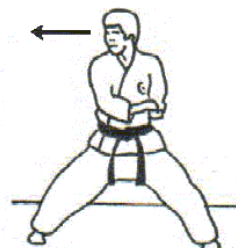
17- A



17- Hidari Haishu Uke Kiba Dachi



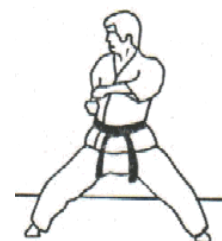
18- Migi Mawashi Empi Kiba Dachi



18- Hidari Koshi kamae Kiba Dachi



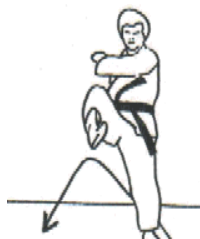
20- Migi Gedan Barai Kiba Dachi



21- Hidari Kagi Tsuki Kiba Dachi



22- Kosa Dachi



23- A Migi Fumikomi



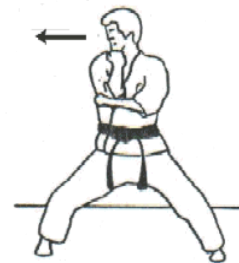
23- Hidari Uchi Uke Kiba Dachi



24- Migi Jodan Nagashi Uke Kiba Dachi



25- Migi Jodan Ura Zuki Kiba Dachi



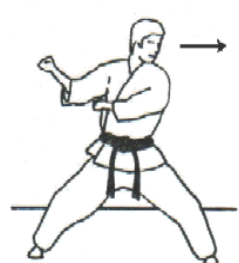
26- A



26- Migi Nami Ashi



27- Migi Chudan Tate Uke Kiba Dachi



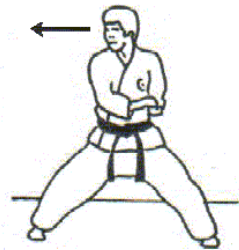
28- A



28- Hidari Nami Ashi



29- Migi Chudan Soto Uke Kiba Dachi



30- Hidari Koshi kamae Kiba Dachi



31- Migi Morote Tsuki Kiba Dachi



Yame A



Yame



YAMATO KARATE-DO

BASSAI DAI

Penetrating the Fortress - Major Form

Bassai Dai is characterized by strong changes of direction, decisive power and the transformation of defensive movements into attacks.

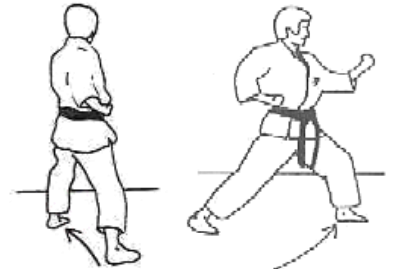
Bassai Dai



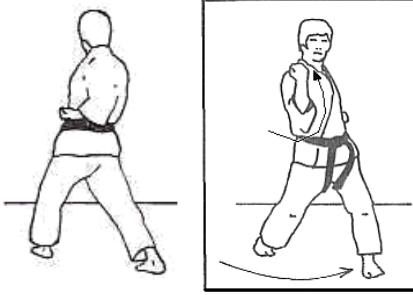
Yoi



1- Migi Uchi Ude Uke Kosa Dachi



2- Hidari Chudan Uchi Uke Zenkutsu Dachi



3- Migi Gyaku Hanmi Soto Uke Zenkutsu Dachi



4- Hidari Gyaku Hanmi Soto Uke Zenkutsu Dachi



5- Migi Chudan Uchi Uke Zenkutsu Dachi



6- Migi Gedan Sukui Uke Heisoku Dachi



7- Migi Chudan Soto Uke Zenkutsu Dachi



8- Chudan Gyaku Hanmi Uchi Uke Zenkutsu Dachi



9- Migi Koshi Kamae Shizentai



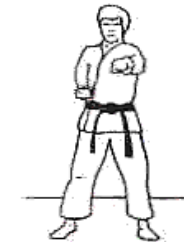
10- Hidari Chudan Tate Shuto Uke Shizentai



11- Migi Chudan Tsuki Shizentai



12- Migi Chudan Uchi Uke Moto Dachi



13- Hidari Chudan Tsuki Shizentai



14- Hidari Chudan Uchi Uke Moto Dachi



15- Migi Chudan Shuto Uke Kokutsu Dachi



16- Hidari Chudan Shuto Uke Kokutsu Dachi



17- Migi Chudan Shuto Uke Kokutsu Dachi



18- Hidari Chudan Shuto Uke Kokutsu Dachi



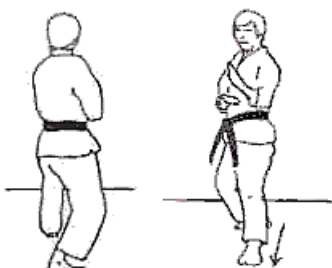
19- Migi Gyaku Hanmi Tsukami Uke Zenkutsu Dachi



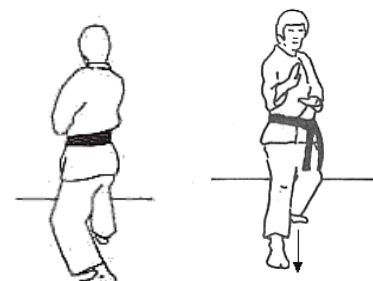
20- A



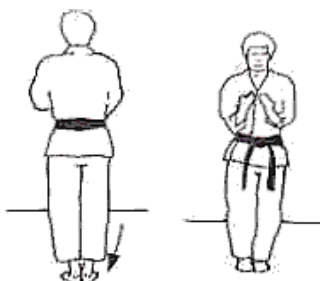
20- Migi Gedan Yoko Fumikomi Geri



21- Hidari Chudan Shuto Uke Kokutsu Dachi



22- Migi Chudan Shuto Uke Kokutsu Dachi



25- A



25- B



25- Morote Age Uke Heisoku Dachi



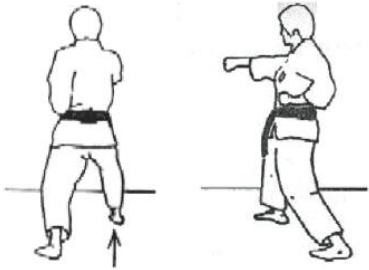
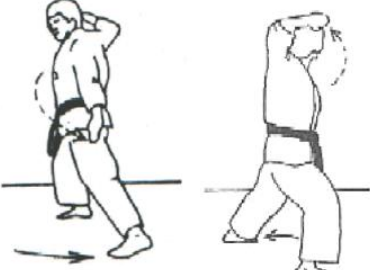
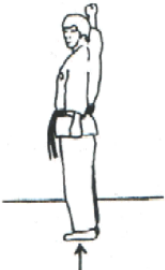
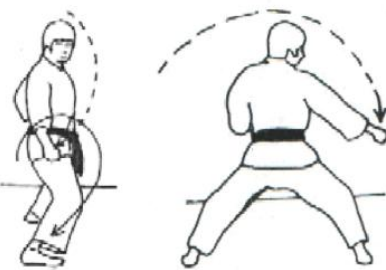
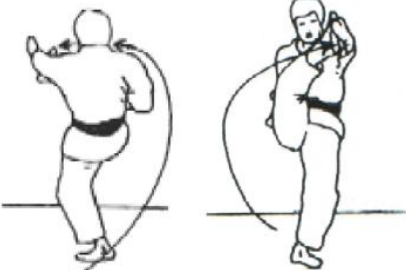
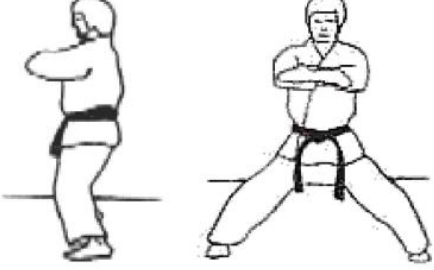
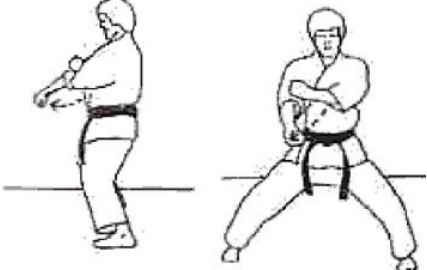
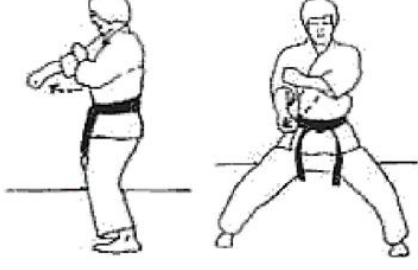
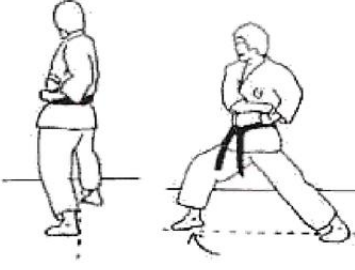
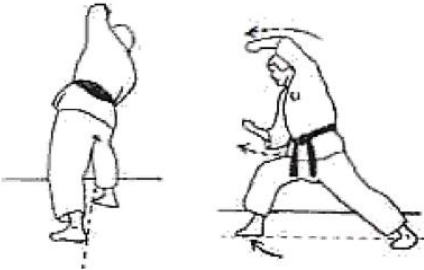
26- A

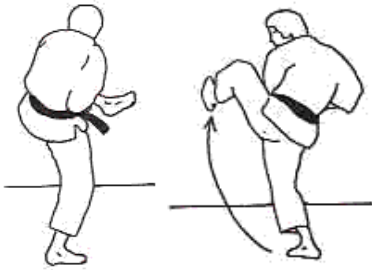
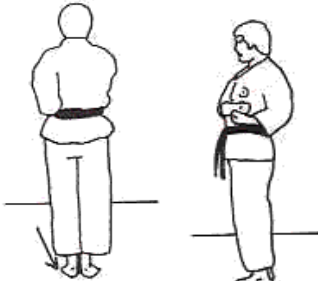
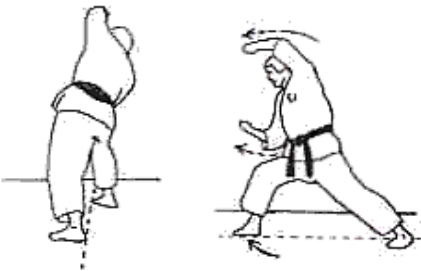
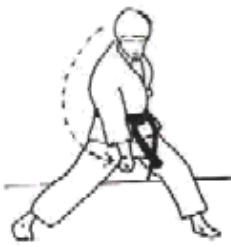
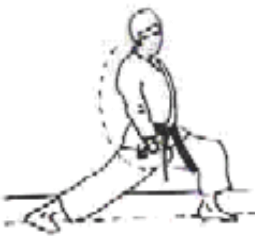
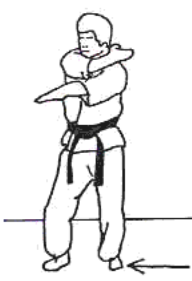


26- B



26- Chudan Tettsumi Hasami Uchi Zenkutsu Dachi

		
27- Chudan Jun Tsuki Zenkutsu Dachi	28- A	28- Hidari Nagashi-Migi Gedan Nukite Zenkutsu Dachi
		
29- Hidari Manji Uke Kamae Heisoku Dachi	30a	30- Migi Gedan barai Kiba Dachi
		
31- Hidari Chudan Haishu Uke Kiba Dachi	32- Migi Mikazuki Geri	33- Migi Mawashi Empi Kiba Dachi
		
34- Migi Gedan Barai Hidari Soete Kiba Dachi	35- Hidari Gedan Barai Hidari Soete Kiba Dachi	36- Migi Gedan Barai Hidari Soete Kiba Dachi
		
37- Hidari Koshi Kamae Zenkutsu Dachi	38- Migi Yama Tsuki Zenkutsu Dachi	39- Migi Koshi Kamae Heisoku Dachi

		
40- A Hidari Hiza Geri	40- Hidari Yama Tsuki Zenkutsu Dachi	41- Hidari Koshi Kamae Heisoku Dachi
		
42- A Migi Hiza Geri	42- Migi Yama Tsuki Zenkutsu Dachi	43- A
		
43- B	43- Migi Gedan Sukui Uke Zenkutsu Dachi	44- Hidari Gedan Sukui Uke Zenkutsu Dachi
		
45- A	45- Migi Chudan Shuto Uke Kokutsu Dachi	46- Migi Chudan Shuto Uke Kokutsu Dachi
		
47- A	47- Hidari Chudan Shuto Uke Kokutsu Dachi	Yame



YAMATO KARATE-DO

KANKU DAI

Looking to the Sky - Major Form

Kanku Dai is a long and varied kata featuring open-hand techniques, kicks, level changes and combinations found throughout the Heian series.

Kanku Dai



Yoi



1- A



1- B



1- C



2- Hidari Haiwan Uke Kokutsu Dachi



3- Migi Haiwan Uke Kokutsu Dachi



4- Hidari Chudan Tate Shuto Uke Shizentai



5- Migi Chudan Tsuki Shizentai



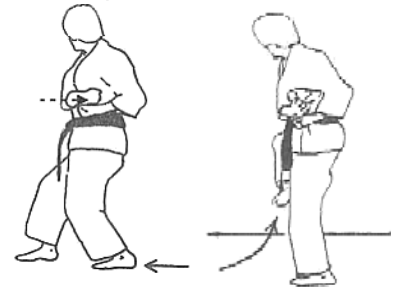
6- Migi Chudan Uchi Uke Moto Dachi



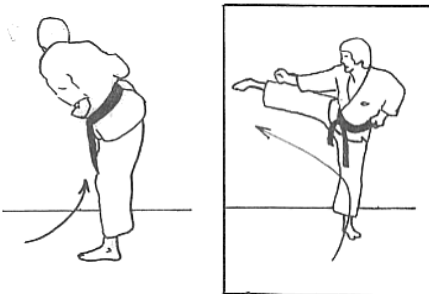
7- Hidari Chudan Tsuki Shizentai



8- Hidari Chudan Uchi Uke Moto Dachi



9- A Hidari Koshi Kamae



9- Migi Uraken Uchi Yoko Geri Keage



10- Hidari Chudan Shuto Uke Kokutsu Dachi



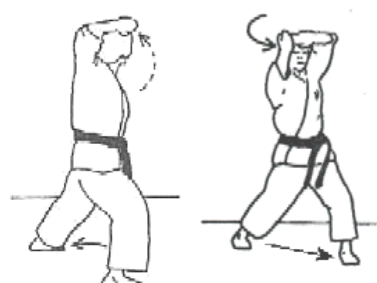
11- Migi Chudan Shuto Uke Kokutsu Dachi



12- Hidari Chudan Shuto uke Kokutsu Dachi



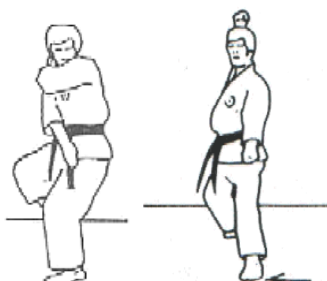
13- Hidari Osae Uke-Migi Chudan Nukite Zenkutsu dachi



14- Migi Gyaku Shuto Jodan Uchi Zenkutsu Dachi



15- Migi Mae Geri



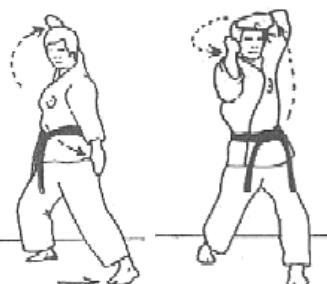
16- Hidari Manji Uke Kokutsu Dachi



17- Hidari Nagashi-Migi Gedan Nukite Zenkutsu Dachi



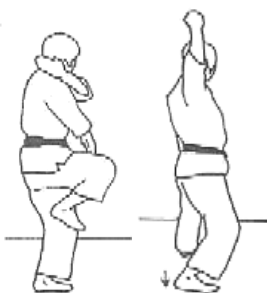
18- Hidari Gedan Kamae Shizentai



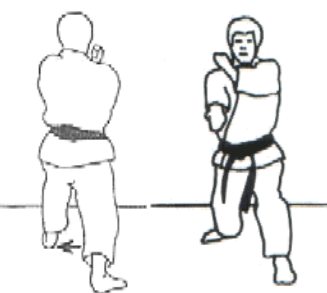
19- Migi Gyaku Shuto Jodan Uchi Zenkutsu Dachi



20- Migi Mae Geri



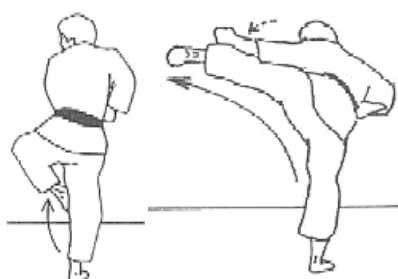
21- Hidari Manji Uke Kokutsu Dachi



22- Hidari Nagashi-Migi Gedan Nukite Zenkutsu Dachi



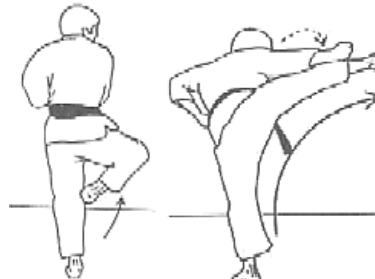
23- Hidari Gedan Kamae Shizentai



24- Hidari Uraken Uchi Yoko Geri Keage



25- Migi Mawashi Empi Zenkutsu Dachi



26- Migi Uraken Uchi Yoko Geri Keage



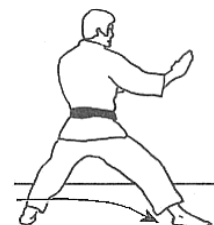
27- Hidari Mawashi Empi Zenkutsu Dachi



28- Hidari Chudan Shuto Uke Kokutsu dachi



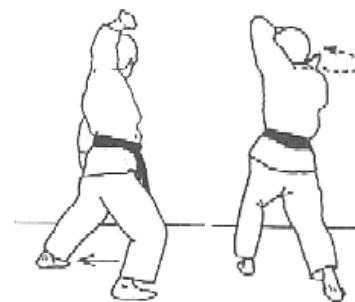
29- Migi Chudan Shuto Uke Kokutsu Dachi



30- Migi Chudan Shuto Uke Kokutsu Dachi



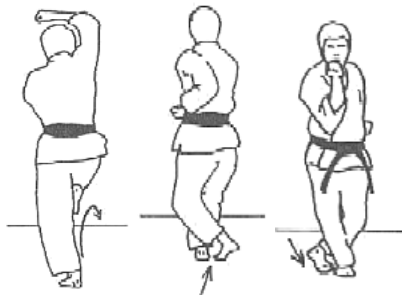
31- Hidari Chudan Shuto Uke Kokutsu Dachi



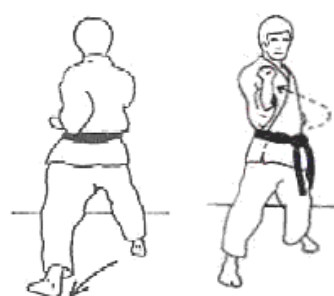
32- Migi Gyaku Shuto Jodan Uchi Zenkutsu Dachi



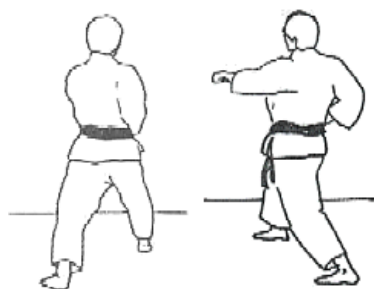
33- Migi Mae Geri



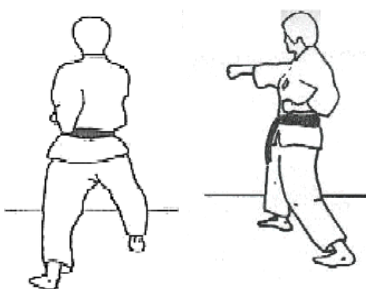
34- Migi Tate Uraken Uchi Kosa Dachi



35- Migi Chudan Uchi Uke Zenkutsu Dachi



36- Hidari Chudan Gyaku Tsuki Zenkutsu Dachi



37- Migi Jun Tsuki Zenkutsu Dachi



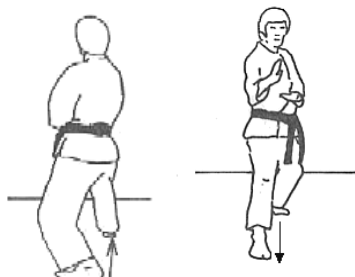
38- Migi Jodan Ura Tsuki Hiza Kamae



39- Migi Ryo Tate Fuse



40- Hidari Gedan Shuto Uke Kokutsu Dachi



41- Migi Shuto Uke Kokutsu Dachi



42- Hidari Chudan Uchi Uke Zenkutsu Dachi



43- Migi Gyaku Tsuki Zenkutsu Dachi



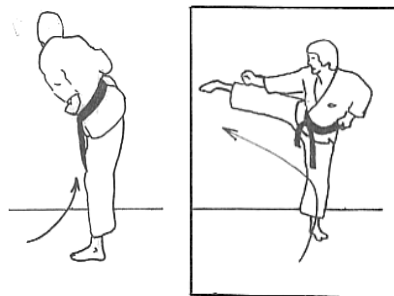
44- Migi Chudan Uchi Uke Zenkutsu Dachi



45- Hidari Gyaku Tsuki Zenkutsu Dachi



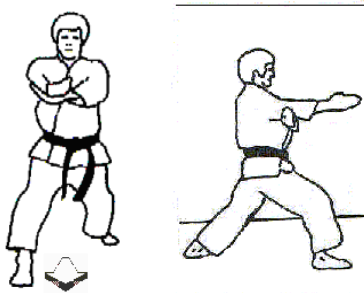
46- Migi Jun Tsuki Zenkutsu Dachi



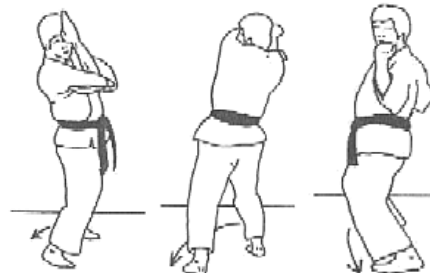
47- Migi Uraken Uchi Yoko Geri Keage



48- Hidari Chudan Shuto Uke Kokutsu Dachi



49- Hidari Osae Uke-Migi Chudan Nukite Zenkutsu Dachi



50- Hidari Jodan Uraken Uchi Kiba Dachi



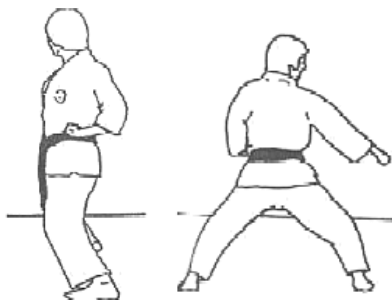
51- Hidari Chudan Tettsui Uchi Kiba Dachi



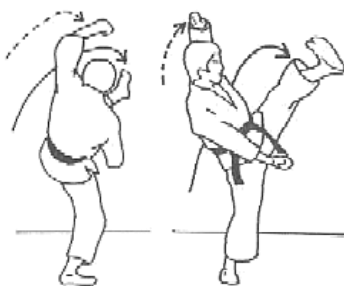
52- Migi Chudan Mawashi Empi Kiba Dachi



53- Hidari Koshi Kamae Kiba Dachi



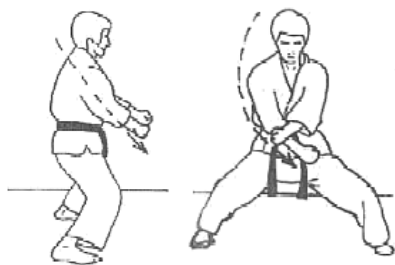
54- Migi Gedan Barai Kiba Dachi



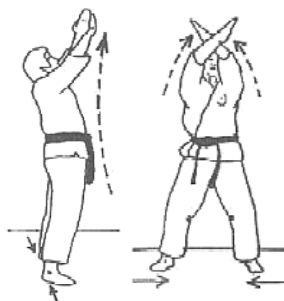
55- A



55- Ryo Ude Mawashi Uke Kiba Dachi



56- Migi Otoshi Tsuki Kiba dachi



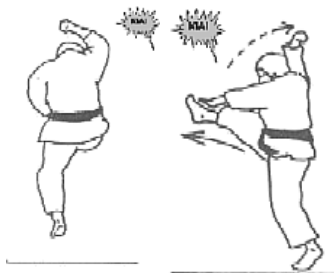
57- Jodan Shuto Juji Uke Shizentai



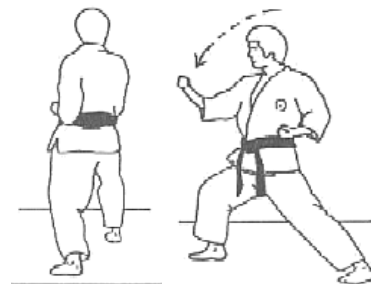
58- Hidari Chudan Juji Uke Zenkutsu Dachi



59- Hidari Tobi Geri



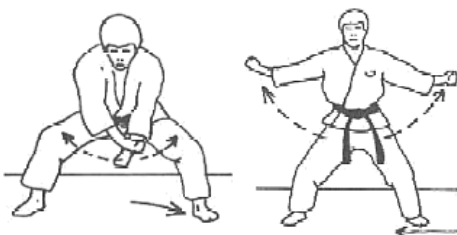
60- Migi Tobi Geri (Nidan Geri)



61- Migi Chudan Uraken Uchi Zenkutsu Dachi



Yame A



Yame B



Yame C



Yame D



Yame E



Yame



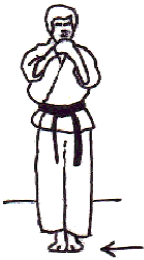
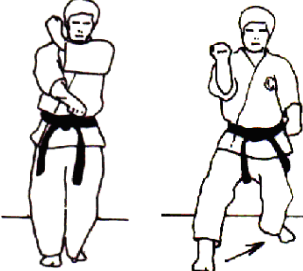
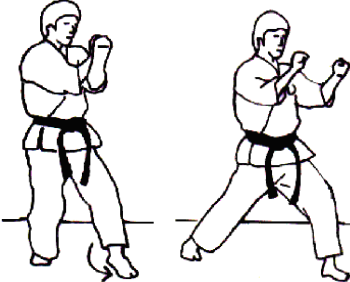
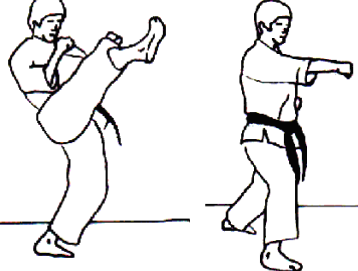
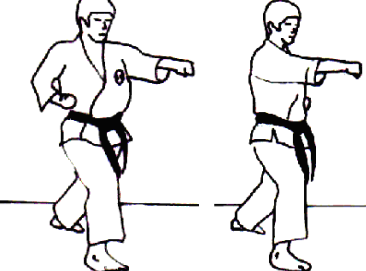
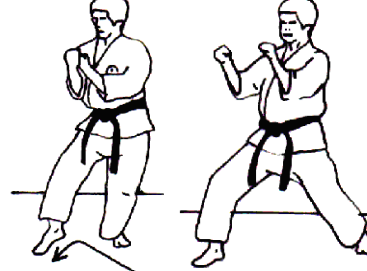
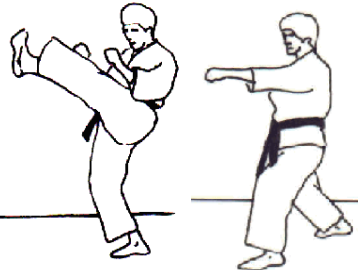
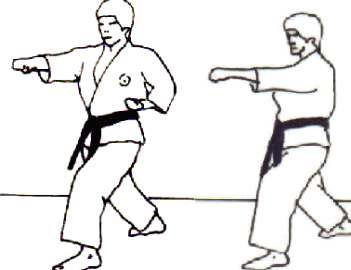
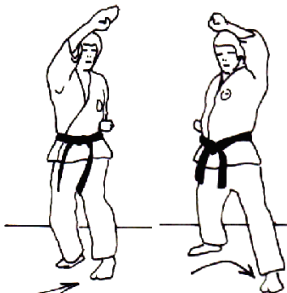
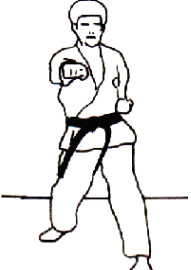
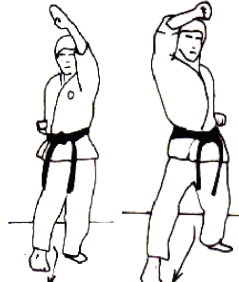
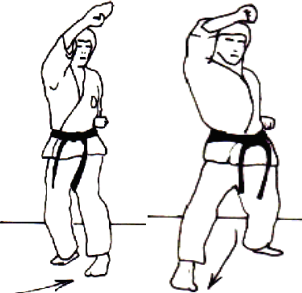
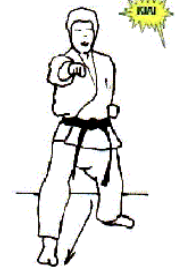
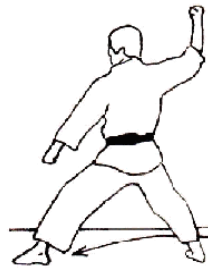
YAMATO KARATE-DO

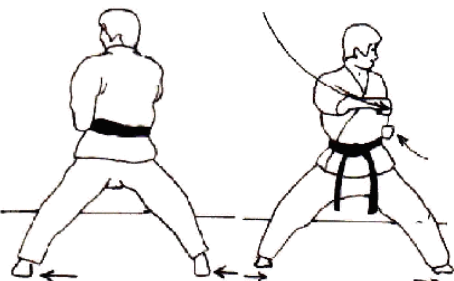
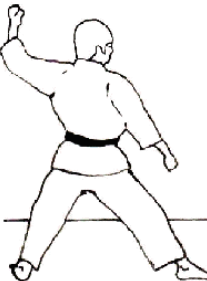
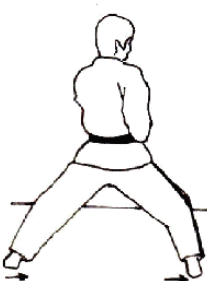
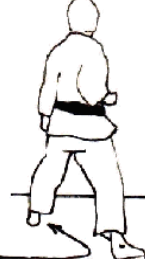
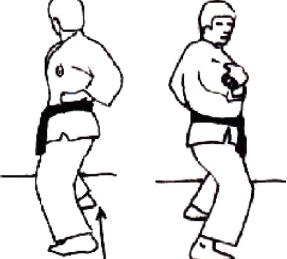
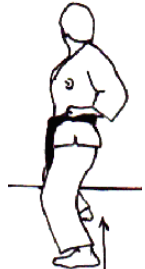
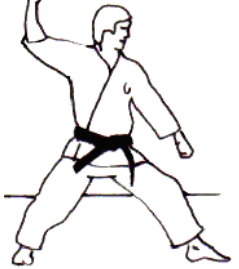
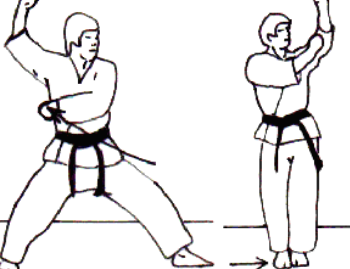
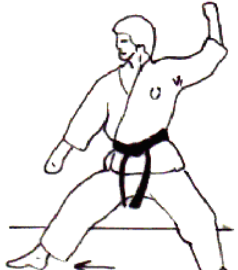
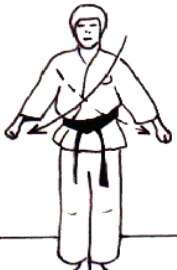
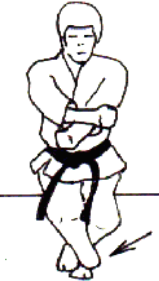
JION

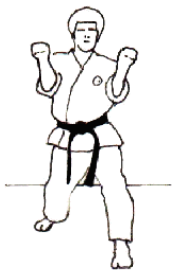
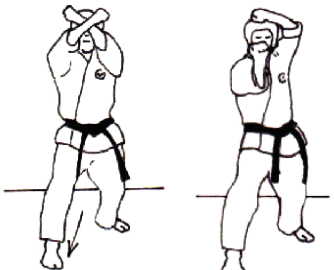
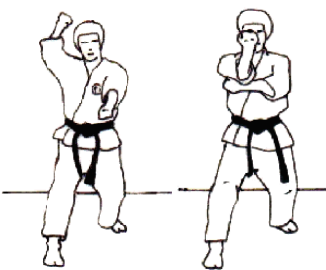
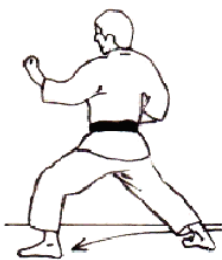
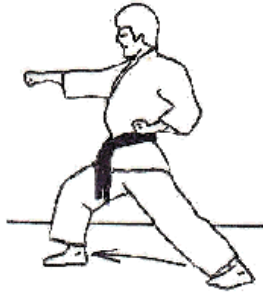
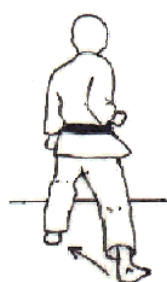
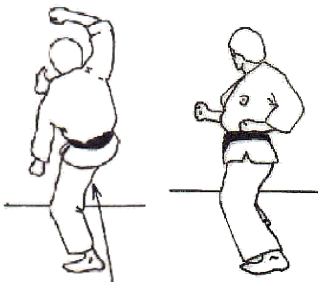
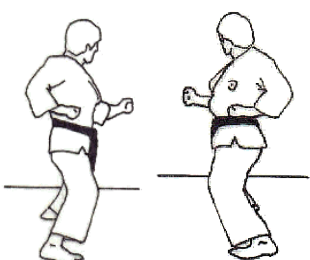
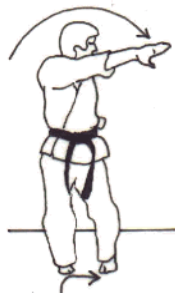
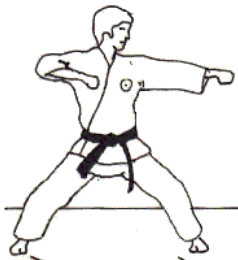
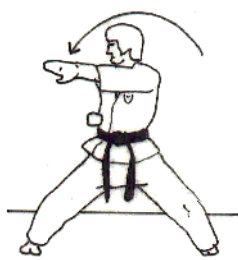
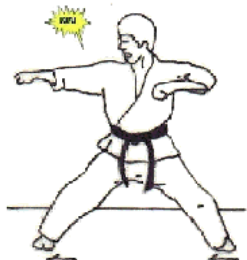
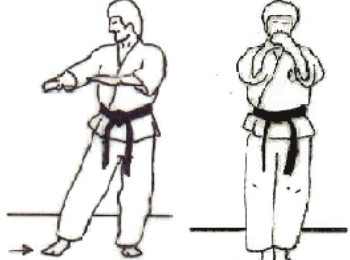
Name of the Jion Temple

Jion uses strong, direct techniques and repeated combinations, with an emphasis on solid posture, rhythm and controlled power.

Jion

		
<i>Yoi</i>	<i>1 - Kosa Uke Zenkutsu Dachi</i>	<i>2 - Kakiwake Uke Zenkutsu Dachi</i>
		
<i>3 - Mae Geri 4 - Chudan Zuki Zenkutsu Dachi</i>	<i>5 - Hidari Gyaku zuki 6 - Chudan Zuki Zenkutsu Dachi</i>	<i>7 - Kakiwake Uke Zenkutsu Dachi</i>
		
<i>8 - Mae Geri 9 - Chudan Zuki Zenkutsu Dachi</i>	<i>10 - Gyaku Zuki 11 - Chudan Zuki Zenkutsu Dachi</i>	<i>12 - Jodan Age Uke Zenkutsu Dachi</i>
		
<i>13 - Chudan Gyaku Zuki Zenkutsu Dachi</i>	<i>14 - Jodan Age Uke Zenkutsu Dachi</i>	<i>15 - Chudan Gyaku Zuki Zenkutsu Dachi</i>
		
<i>16 - Jodan Age Uke Zenkutsu Dachi</i>	<i>17 - Chudan Oi zuki Zenkutsu Dachi</i>	<i>18 - Manji Uke Kokutsu Dachi</i>

		
19 - Migi Kagi Zuki Kiba Dachi	20 - Manji Uke Kokutsu Dachi	21 - Hidari Kagi Zuki Kiba Dachi
		
22 - Gedan Barai Zenkutsu Dachi	23 - Migi Teisho Uchi Kiba Dachi	24 - Hidari Teisho Uchi Kiba Dachi
		
25 - Migi Teisho Uchi Kiba Dachi	26 - Manji Uke Kokutsu Dachi	27 - Jodan Morote Uke Heisoku Dachi
		
28 - Manji Uke Kokutsu Dachi	29 - Jodan Morote Uke Heisoku Dachi	30 - Morote Gedan Barai Heisoku Dachi
		
30 - A	31 - Gedan Juji Uke Kosa Dachi	32 - Morote Gedan Gedan Barai Zenkutsu Dachi

		
33 - Morote Uchi Uke Zenkutsu Dachi	34 - Jodan Juji 35 - Uke Migi Ura Zuki Zenkutsu Dachi	36 - Nagashi Uke 37 - Jodan Ura Zuki Zenkutsu Dachi
		
38 - Hidari Chudan Uchi Uke Zenkutsu Dachi	39 - Migi Chudan Oi Zuki Zenkutsu Dachi	40 - Migi Chudan Uchi Uke Zenkutsu Dachi
		
41 - Hidari Chudan Oi Zuki Zenkutsu Dachi	42 - Gedan Barai Zenkutsu Dachi	43 - Otoshi Uke Fumikomi Kiba Dachi
		
44 - Otoshi Uke 45 - Otoshi Uke Kiba Dachi	46 - Migi Jodan Tsukami Uke Kiba Dachi	47 - Hidari Yoko Zuki Kiba Dachi
		
48 - Hidari Jodan Tsukami Uke Kiba Dachi	49 - Migi Yoko Zuki Kiba Dachi	Yame



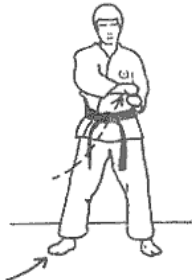
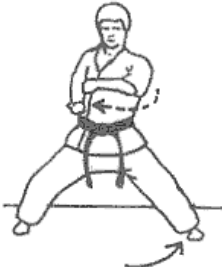
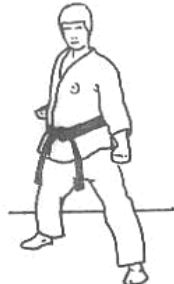
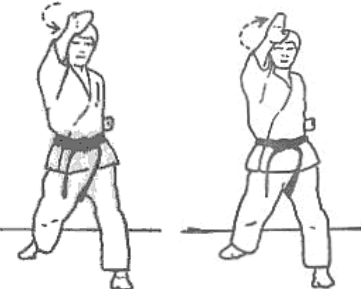
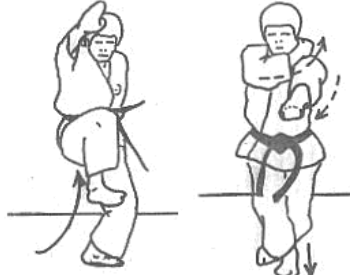
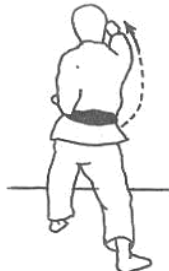
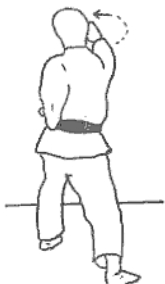
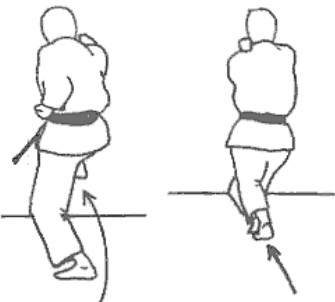
YAMATO KARATE-DO

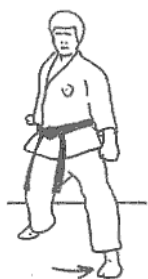
ENPI

Flight of the Swallow

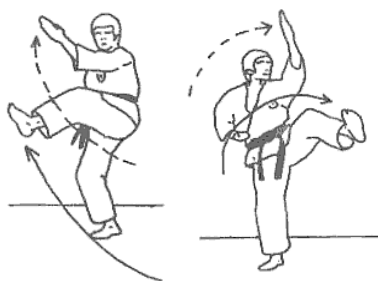
Enpi is known for rapid changes in height and direction, alternating quick, light movement with sudden explosive techniques.

Enpi

		
Yoi	1- Migi Gedan Barai Tachi Hiza	2- Hidari Koshi Kamae Shizentai
		
3- Migi Gedan Barai Zenkutsu Dachi	4- Hidari Kagi Tsuki Kiba Dachi	5- Hidari Gedan Barai Zenkutsu Dachi
		
6- Migi Jodan Age Tsuki Zenkutsu Dachi	7- Migi Tsukami Uke Zenkutsu Dachi	8- Migi Hiza Geri - Migi Nagashi Uke Hidari GedanTsuki - Kosa Dachi
		
9- Migi Ushiro Gedan Barai Zenkutsu Dachi	10- Hidari Gedan Barai Zenkutsu Dachi	11- Migi Jodan Age Tuski Zenkutsu Dachi
		
12- Migi Tsukami Uke Zenkutsu Dachi	13- Migi Hiza Geri - Migi Nagashi Uke Hidari GedanTsuki - Kosa Dachi	14- Migi Ushiro Gedan Barai Zenkutsu Dachi



15- Hidari Gedan Barai Zenkutsu Dachi



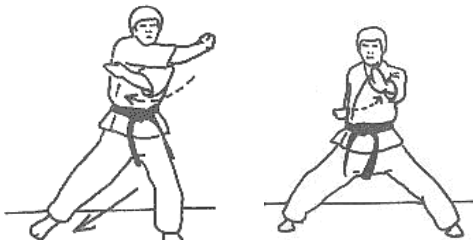
16- A



16- Hidari Jodan Haishu Haito Uke
Kiba Dachi



17- Migi Jodan Soto Empi Uchi Gankaku Dachi



18- Hidari Chudan Tate Shuto Uke Kiba Dachi



19- Migi Chudan Tsuki Kiba Dachi



20- Hidari Chudan Tsuki Kiba Dachi



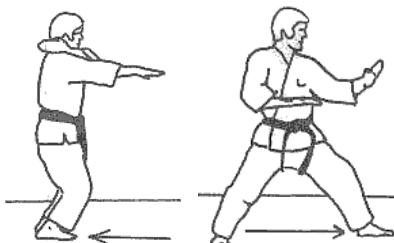
21- Hidari Gedan Barai Zenkutsu Dachi



22- Migi Jodan Age Tsuki Zenkutsu Dachi



23- Migi Chudan Shuto Uke Kokutsu Dachi



24- Hidari Chudan Shuto Uke Kokutsu Dachi



25- Migi Chudan Gyaku Tsuki Kokutsu Dachi



26- Migi Chudan Shuto Uke Kokutsu Dachi



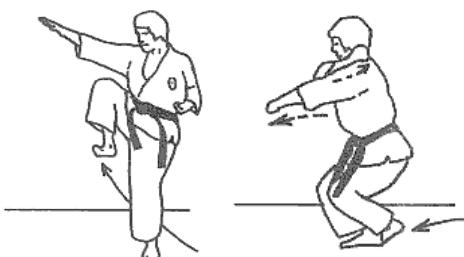
27- Hidari Gedan Barai Zenkutsu Dachi



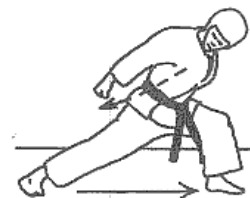
28- Migi Jodan Age Tsuki Zenkutsu Dachi



29- Migi Tsukami Uke Zenkutsu Dachi



30- Migi Hiza Geri - Migi Nagashi Uke Hidari GedanTsuki - Kosa Dachi



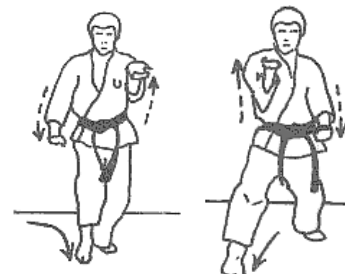
31- Migi Ushiro Gedan Barai Zenkutsu Dachi



32- Hidari Gedan Barai Zenkutsu Dachi



33- Migi Teisho Uke Zenkutsu Dachi



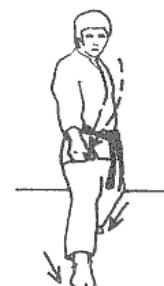
34- Migi Morote Teisho Uke Zenkutsu Dachi



35- Hidari Morote Teisho Uke Zenkutsu Dachi



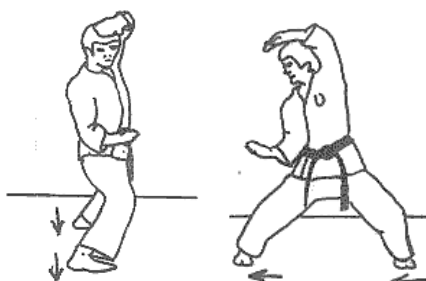
36- Migi Morote Teisho Uke Zenkutsu Dachi



37- Migi Gedan Barai Kokutsu Dachi



37- Lateral



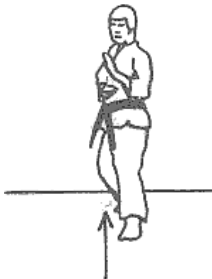
38- Migi Morote Tsukami Uke Kiba Dachi



39- A Kaiten Tobi



39- Migi Chudan Shuto Uke Kokutsu Dachi



40- Hidari Chudan Shuto Uke Kokutsu Dachi



Yame