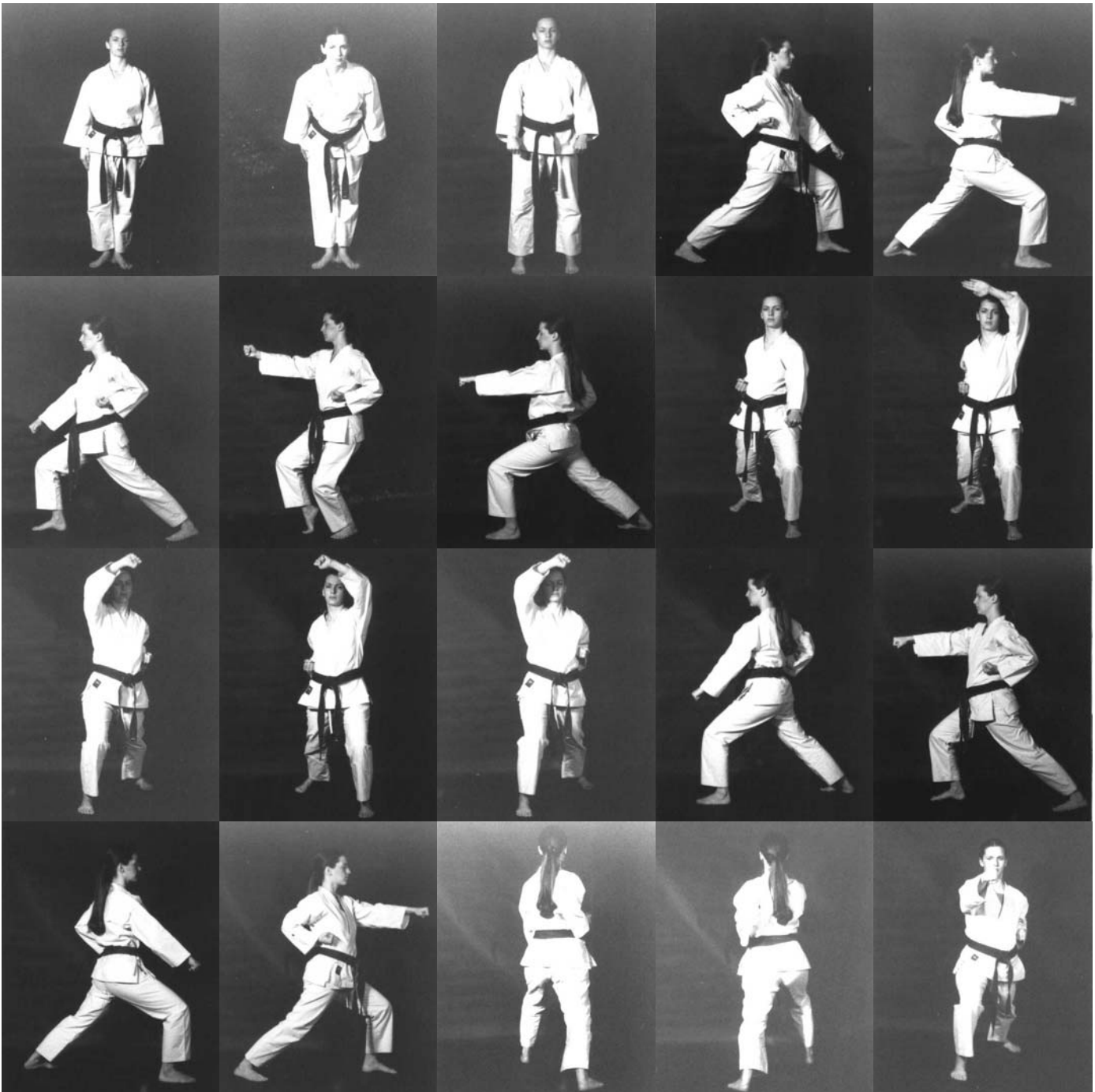
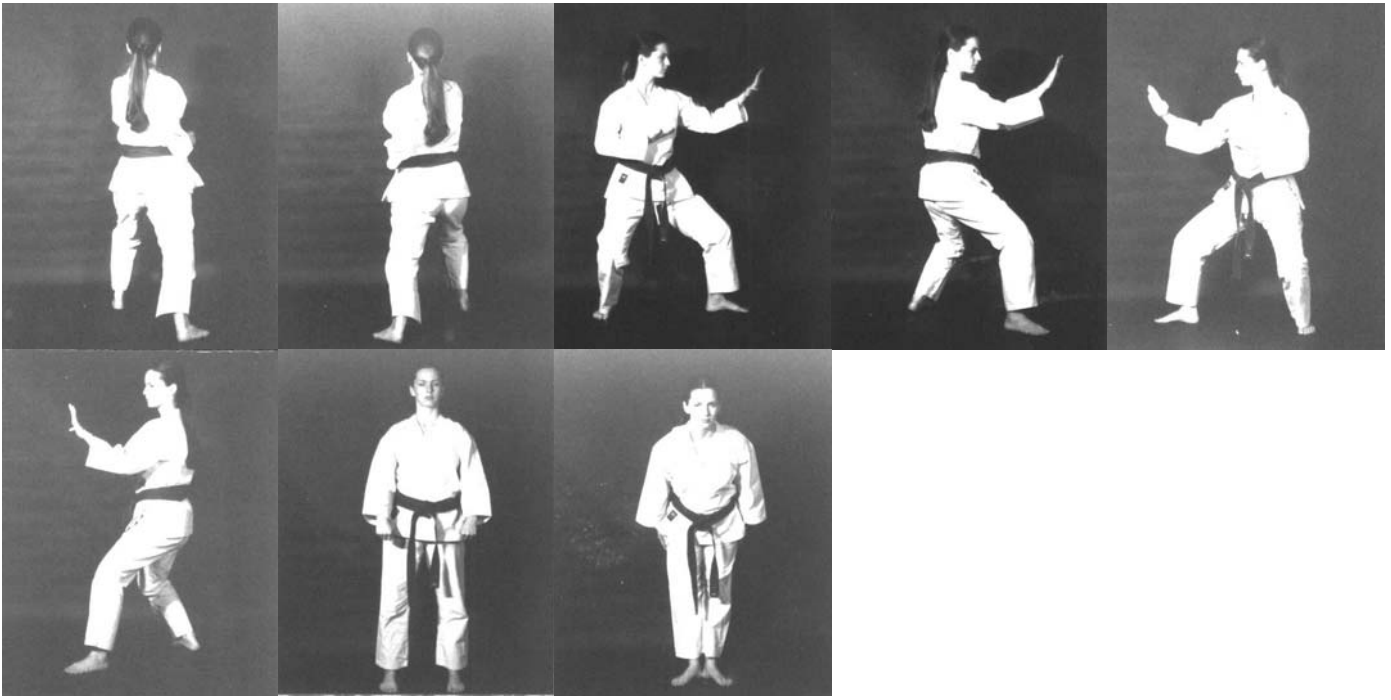




# Kata Heian Shodan





Option to using low defend front stance on the sides after the first kiai is middle defend in back stance.

