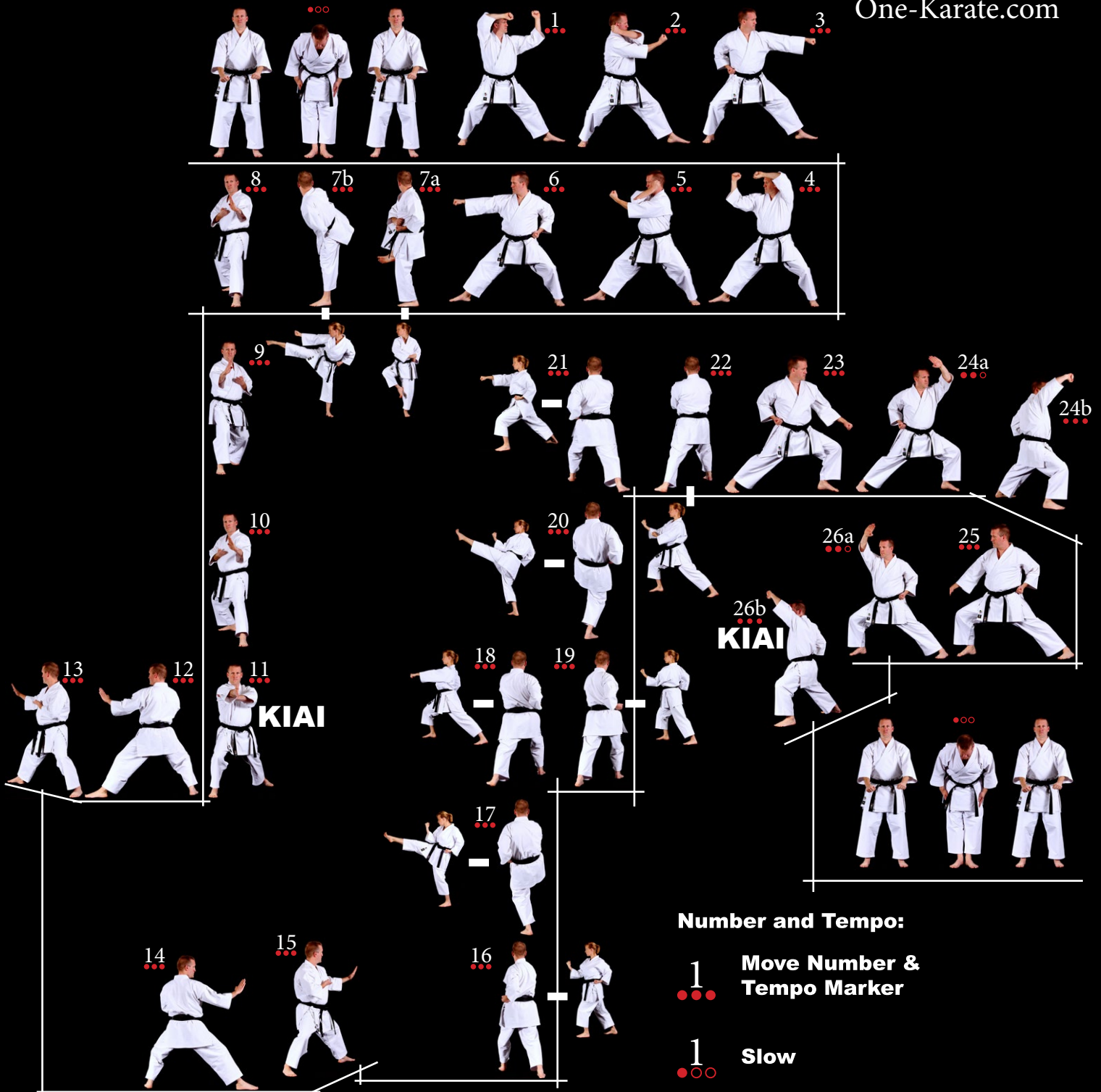


Heian Nidan

Shotokan Karate-Do



Number and Tempo:

- 1 ●● Move Number & Tempo Marker
- 1 ●○○ Slow
- 1 ●●○ Medium
- 1 ●●● Fast

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