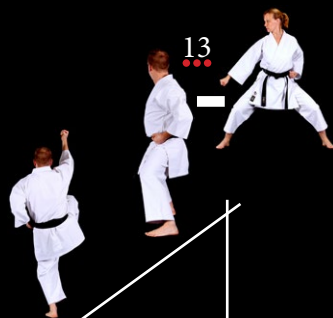
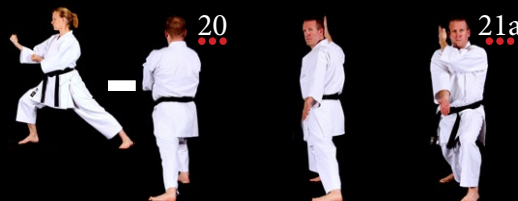


Heian Godan

Shotokan Karate-Do



KIAI



Number and Tempo:

1 ●●● Move Number & Tempo Marker

1 ●○○ Slow

1 ●●○ Medium

1 ●●● Fast



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