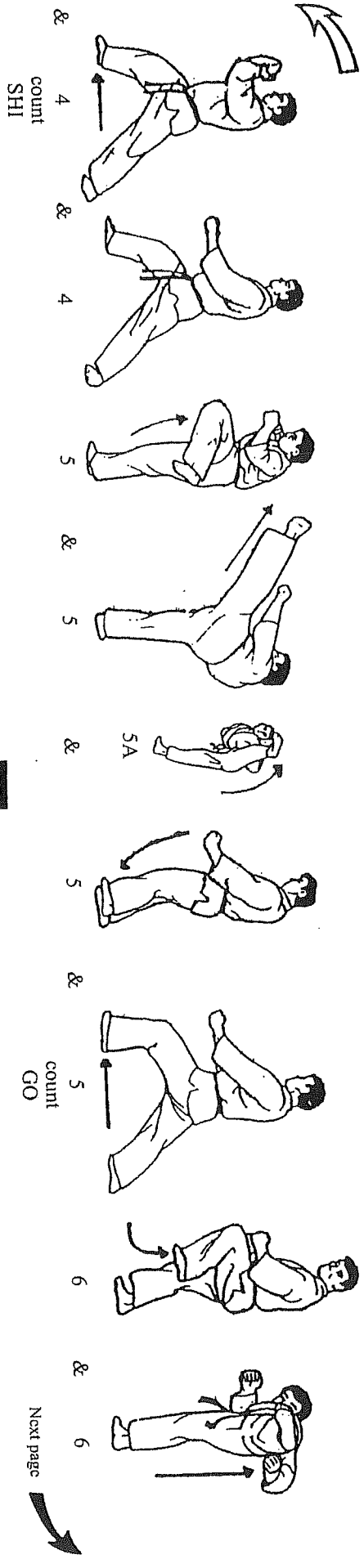
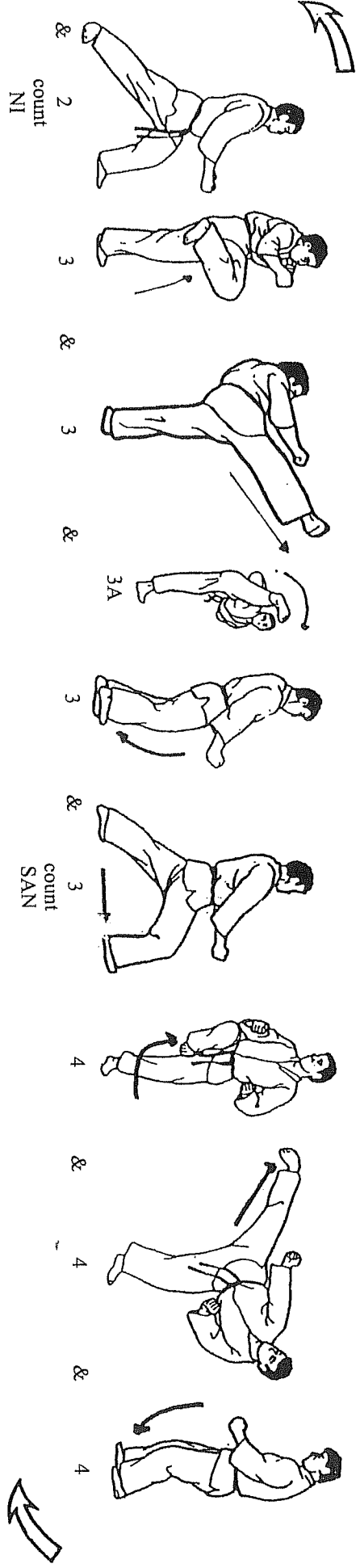
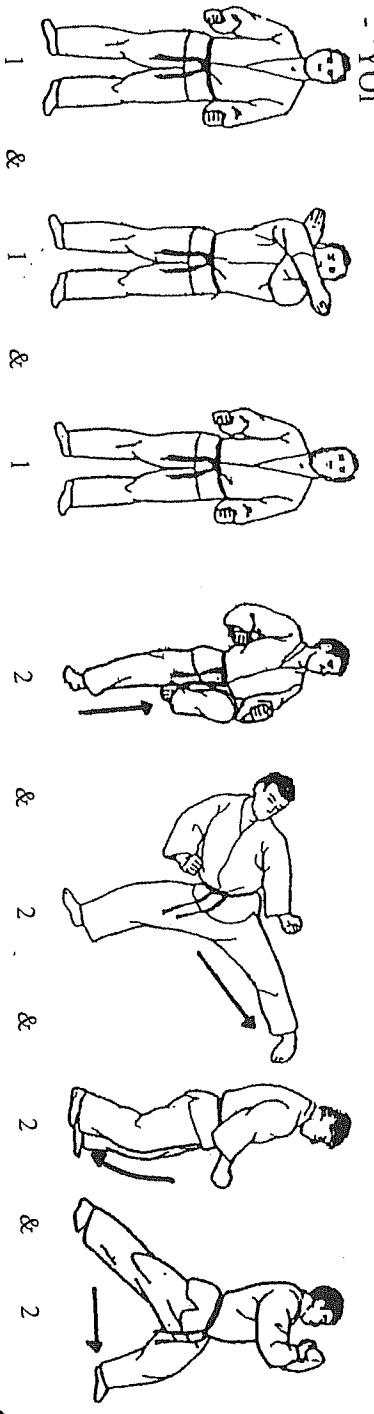


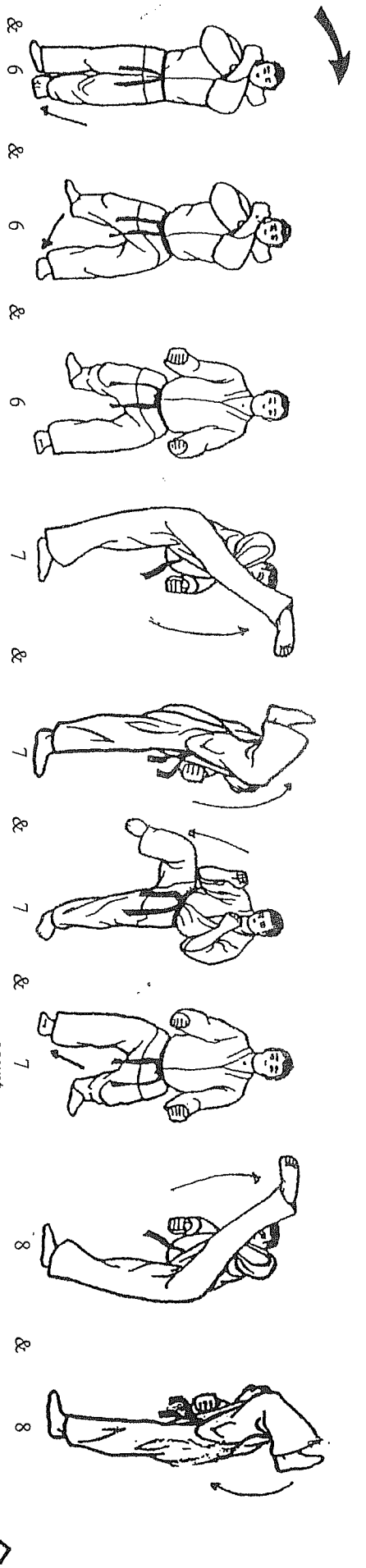
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SOKUGI YON'
- 'YOI'

START

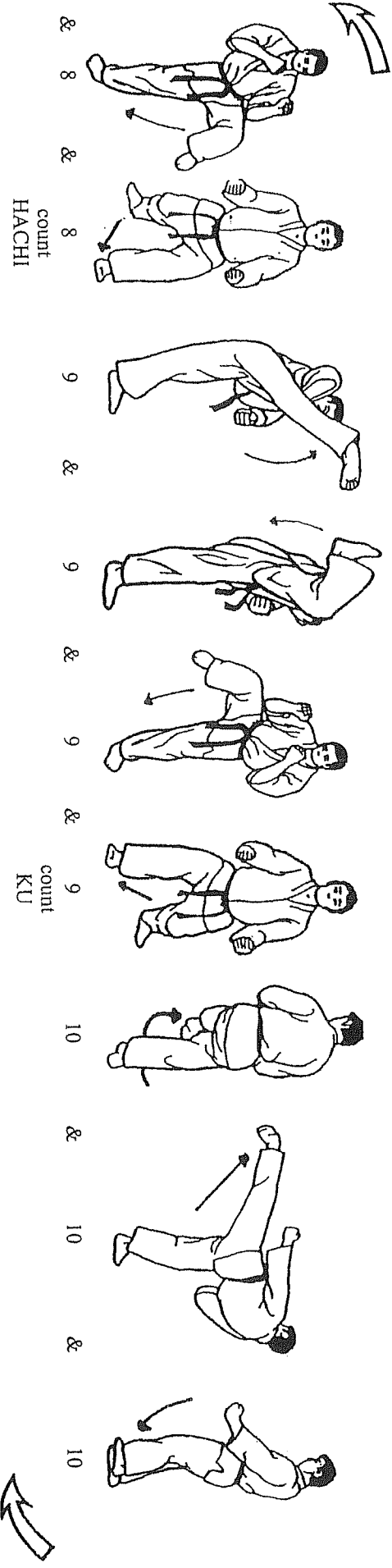


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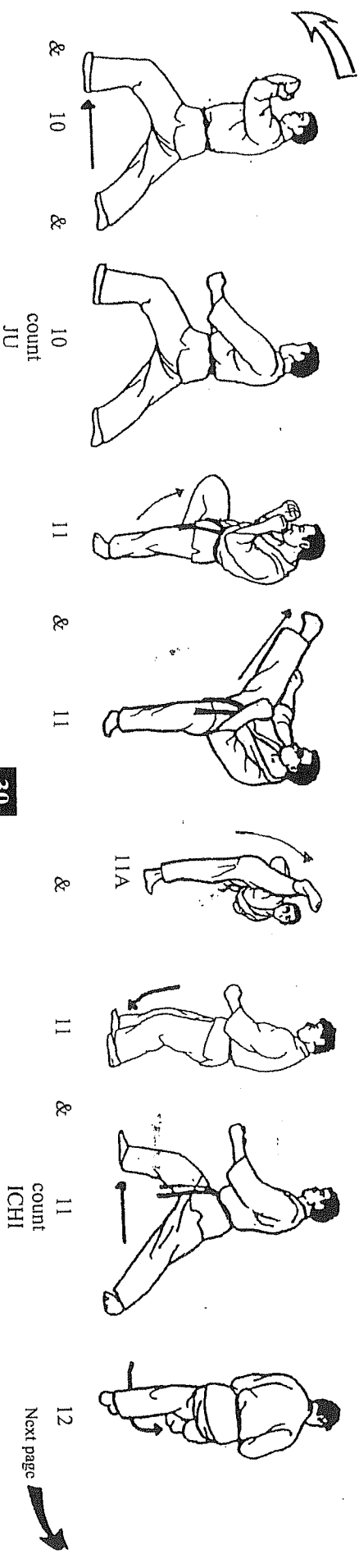
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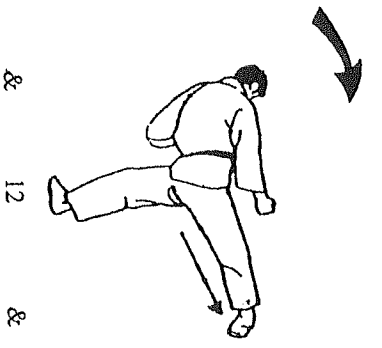
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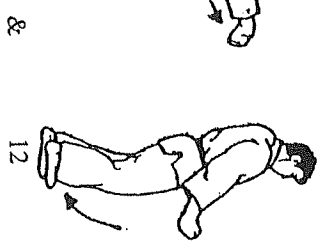


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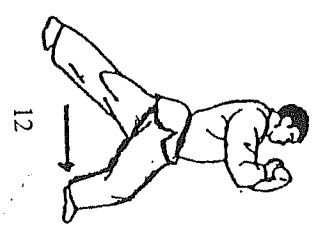
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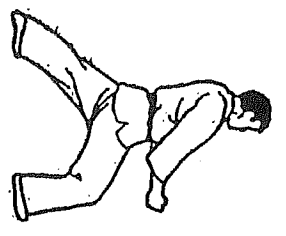


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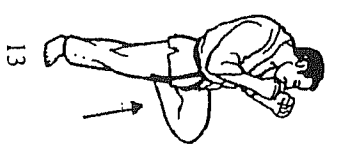


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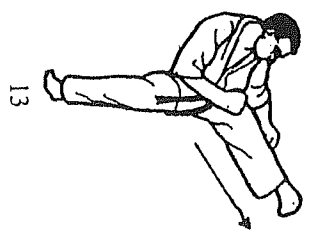


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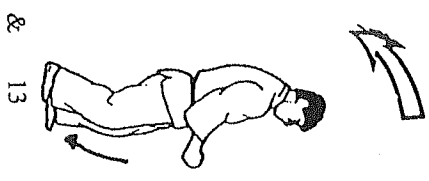


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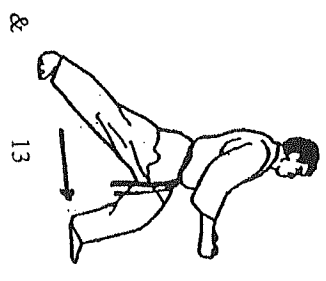
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13
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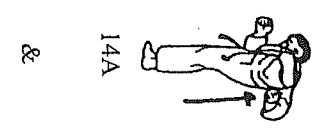
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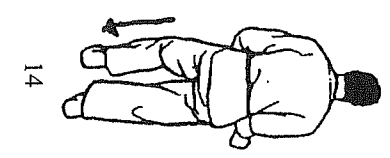
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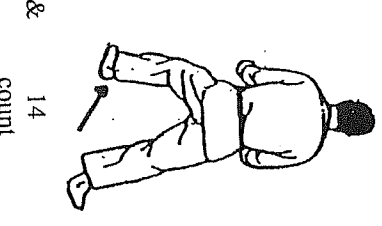
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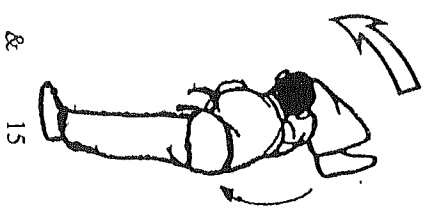
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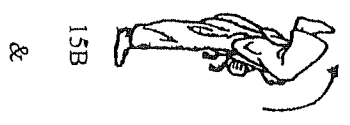
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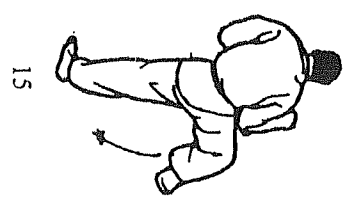


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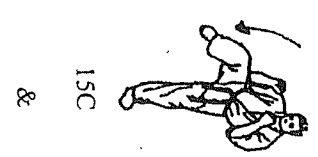


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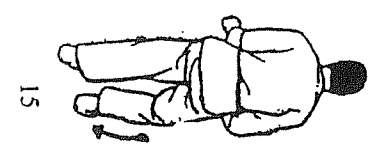


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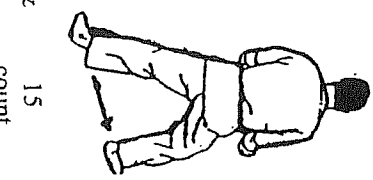
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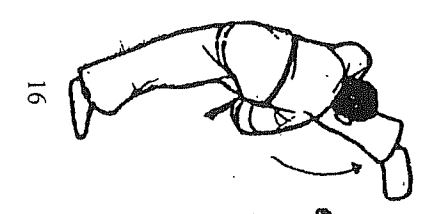


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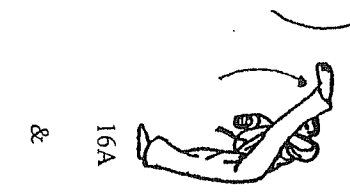
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16



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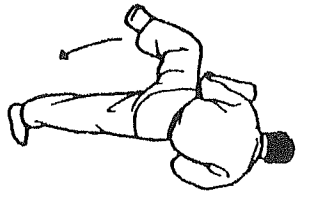


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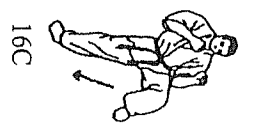
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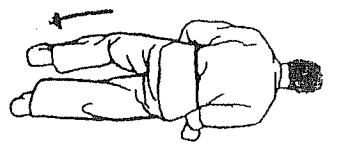
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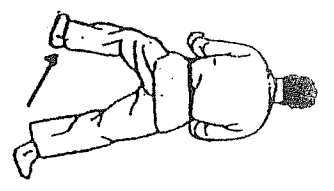
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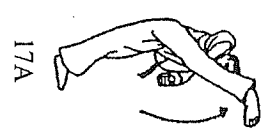
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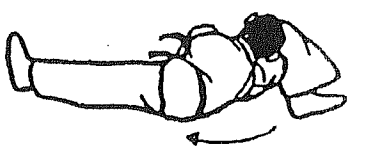
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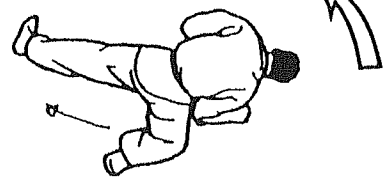
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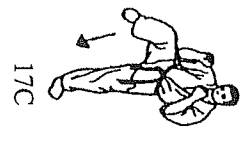
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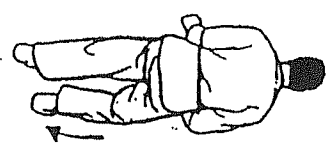
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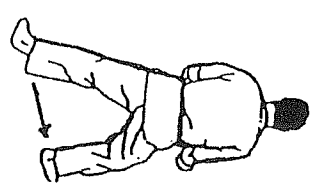
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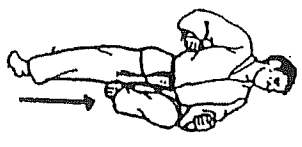
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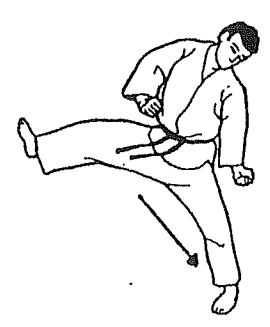
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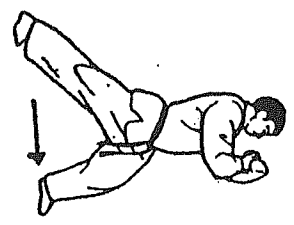
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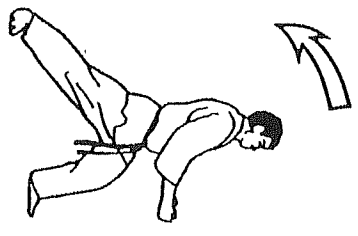
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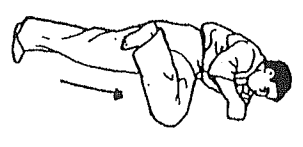
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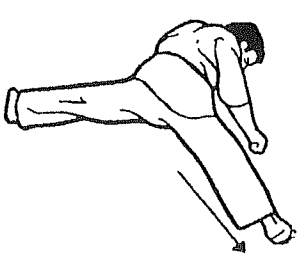
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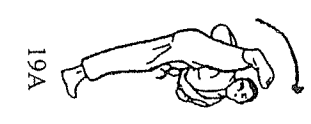
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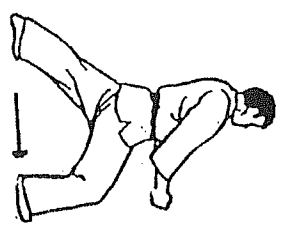
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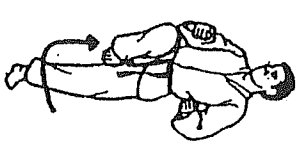
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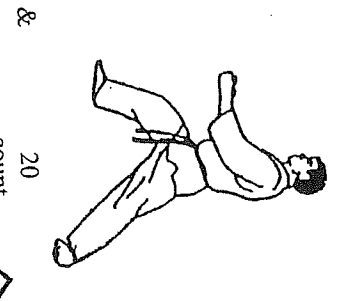
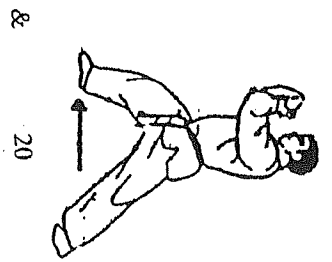
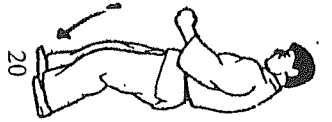
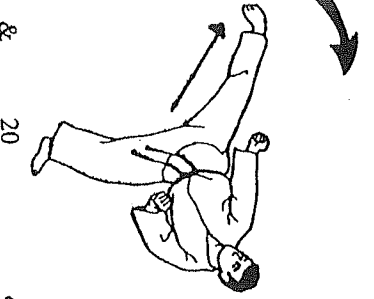
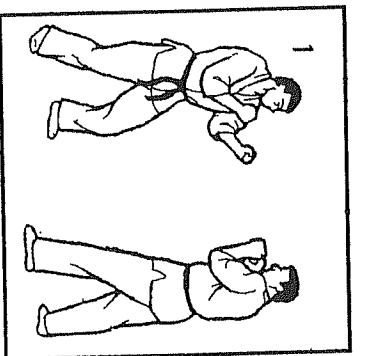
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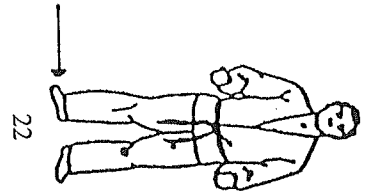
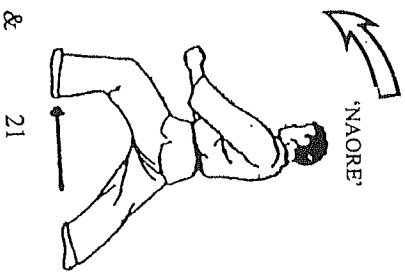
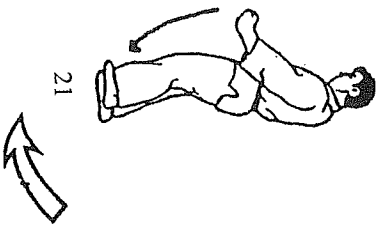
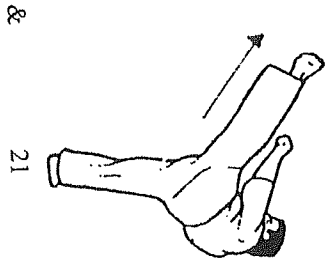
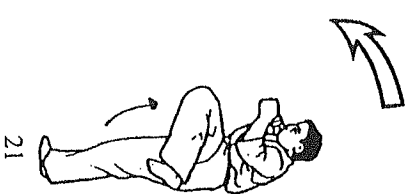
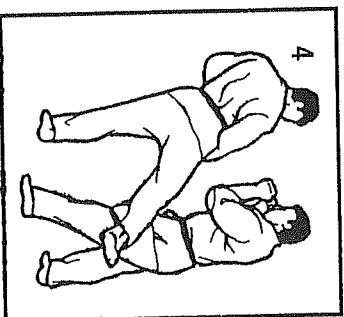
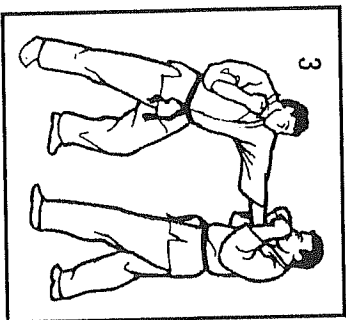
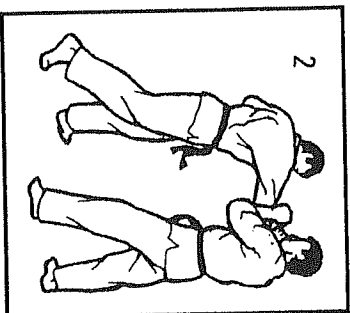
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Renraku



END

TAIKYOKU SOKUGI YON

- 1) *Fudo dachi* – “*Taikyoku Sokugi Yon, yoi*”
- 2) *Kick left jodan yoko geri 90° to your left, pivoting anti-clockwise into left zenkutsu dachi.*
- 3) *Kick right jodan mawashi geri, step forward into right zenkutsu dachi.*
- 4) *Pivot on the left leg turning clockwise 180°, kick right jodan yoko geri, step into right zenkutsu dachi.*
- 5) *Kick left jodan mawashi geri, step forward into left zenkutsu dachi.*
- 6) *Kick jodan yoko geri 90° to your left, pivoting anti-clockwise into left zenkutsu dachi.*
- 7) *Kick right jodan ushiro mawashi geri, step forward into right zenkutsu dachi.*
- 8) *Kick left jodan ushiro mawashi geri, step forward into left zenkutsu dachi.*
- 9) *Kick right jodan ushiro mawashi geri, kiai, and step forward into right zenkutsu dachi.*
- 10) *Pivot on the right leg 90°, kick left jodan yoko geri, pivoting anti-clockwise into left zenkutsu dachi.*
- 11) *Kick right jodan mawashi geri, step forward into right zenkutsu dachi.*
- 12) *Pivot on the left leg turning clockwise 180°, kick right jodan yoko geri, step into right zenkutsu dachi.*
- 13) *Kick left jodan mawashi geri, step forward into left zenkutsu dachi.*
- 14) *Pivot on the right leg anti-clockwise 90°, kick left jodan yoko geri, step into left zenkutsu dachi.*
- 15) *Kick right jodan ushiro mawashi geri, step forward into right zenkutsu dachi.*
- 16) *Kick left jodan ushiro mawashi geri, step forward into left zenkutsu dachi.*
- 17) *Kick right jodan ushiro mawashi geri, kiai, and step forward into right zenkutsu dachi.*
- 18) *Pivot on the right leg anti-clockwise 90°, kick left jodan yoko geri, step into left zenkutsu dachi.*
- 19) *Kick right jodan mawashi geri, step forward into right zenkutsu dachi.*
- 20) *Pivot on the left leg turning clockwise 180°, kick right jodan yoko geri, step into right zenkutsu dachi.*
- 21) *Kick right jodan mawashi geri, step forward into right zenkutsu dachi.*
- 22) *Step back into fudo dachi. END*