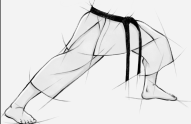




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Choku zuki			Seiza			
Age uke			Zenkutsu dachi			
Soto uke			Musubi dachi			
Uchi uke			Kiba dachi			
Gedan barai			Kokutsu dachi			
Oi zuki			Heisoku dachi			
Gyaku zuki			Kamae			
Mae geri						
Mawashi geri			Shuto uke			