

Southern Sport Karate Organisation - Pinan Godan (Kata 5)



Yoi



Soto Uke



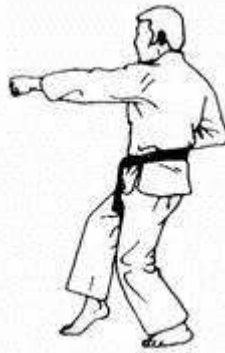
Gyakuzuki



Step Up



Soto Uke



Gyakuzuki



Step Up



Morote Uke



Gedan Juji Uke



Juji Uke



Block



Pull Punch



Junzuki



Prepare



Tetsui Strike



Low Block



Empi



Morote Uke



Prepare



Step Back Punch



Jump



Block



Morote Uke



Double Block



Step Back



Double Block



Yamae