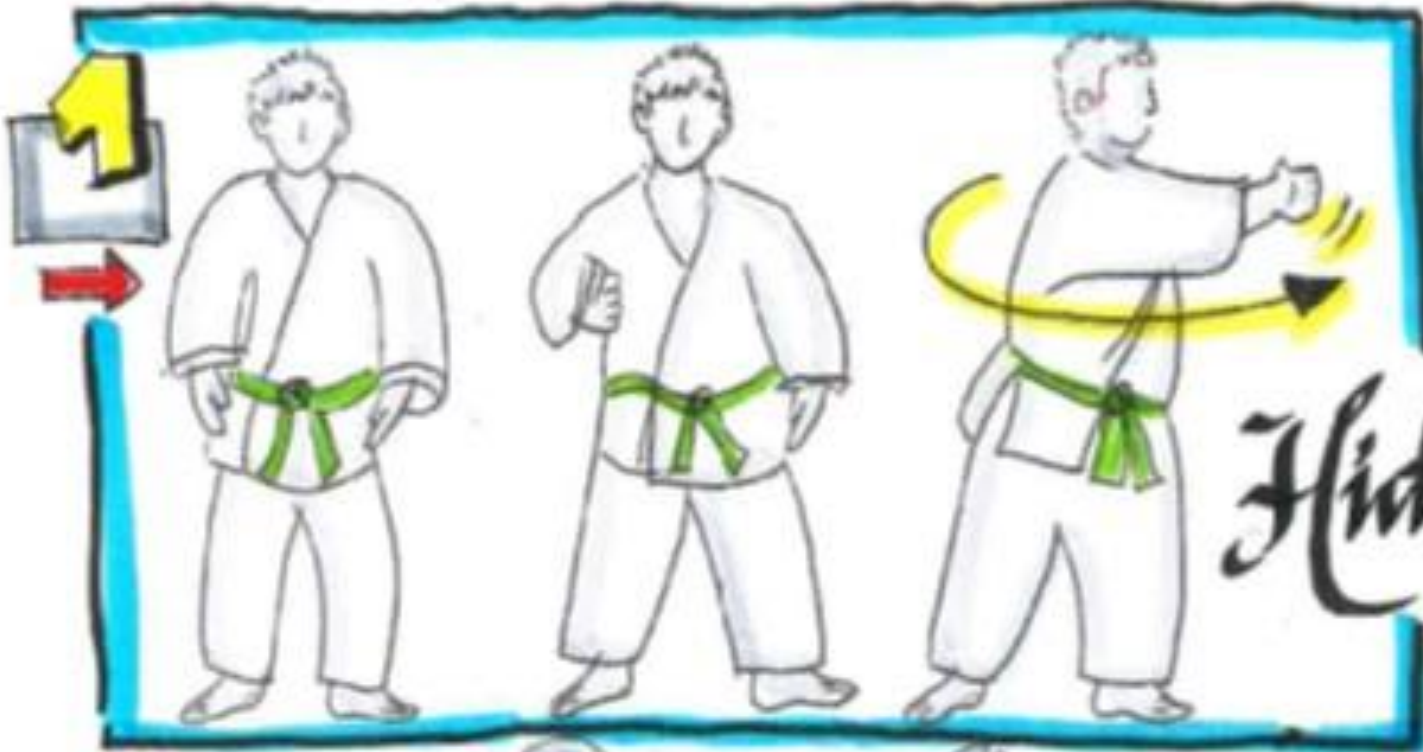
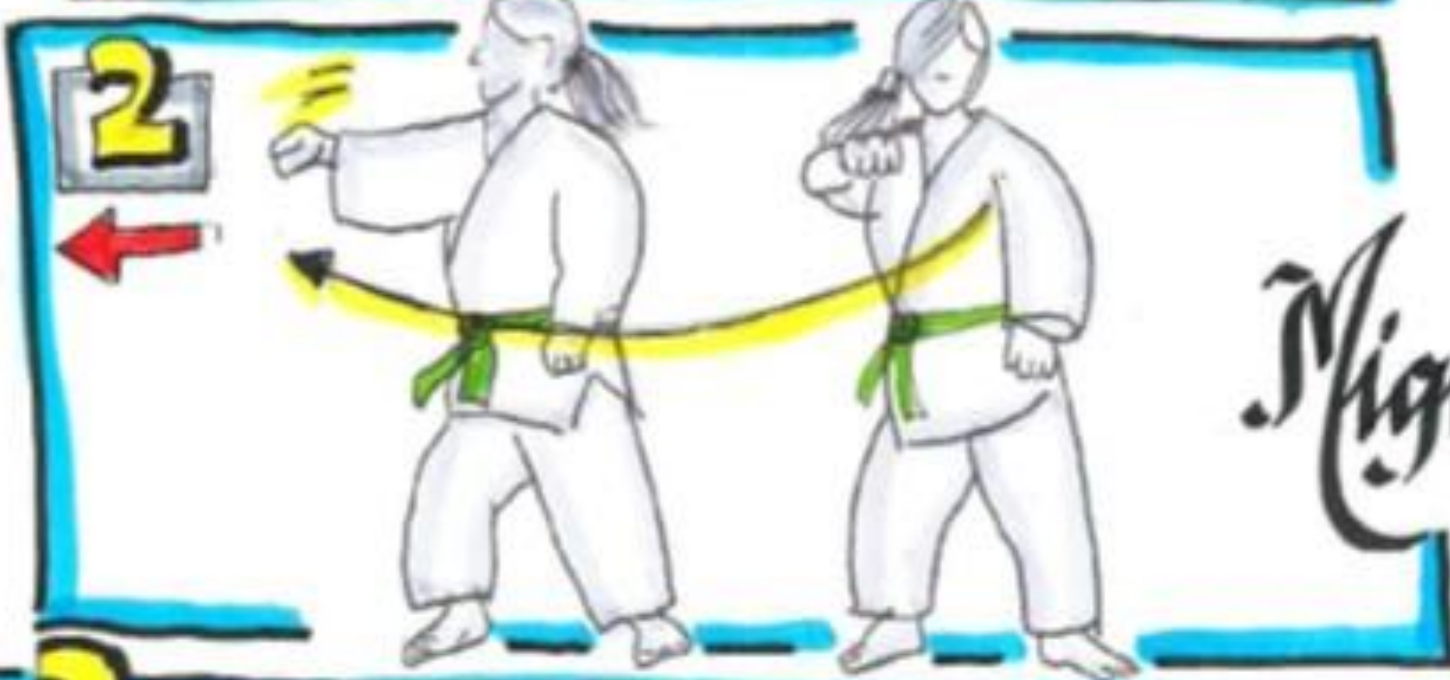


# Seiryoku zenyo Kokumin Taiikuu no Kata

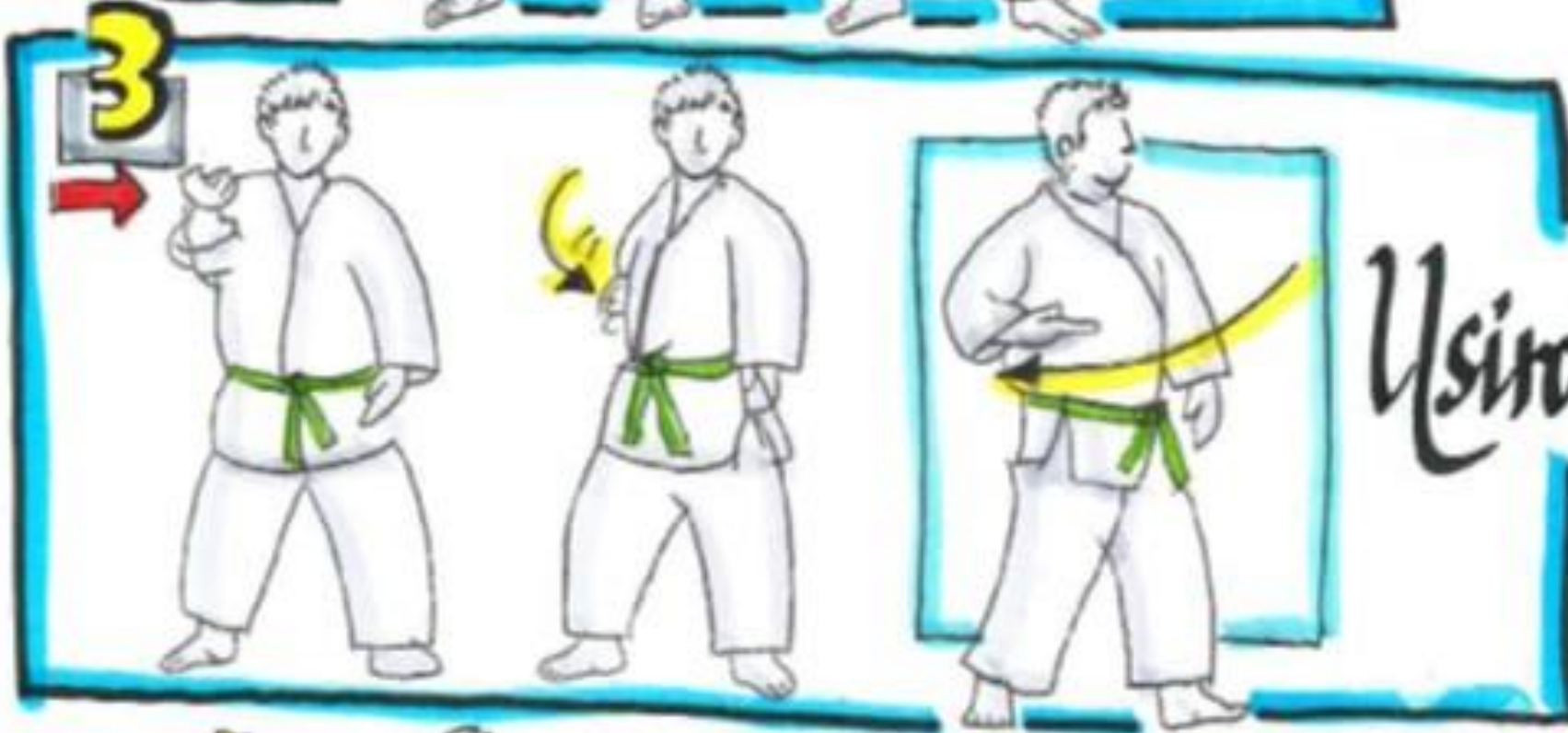


*Hidari-Mae-Naname-Ate*



*Migi-Ate*

Se repite del  
1 al 5 per  
Hidari



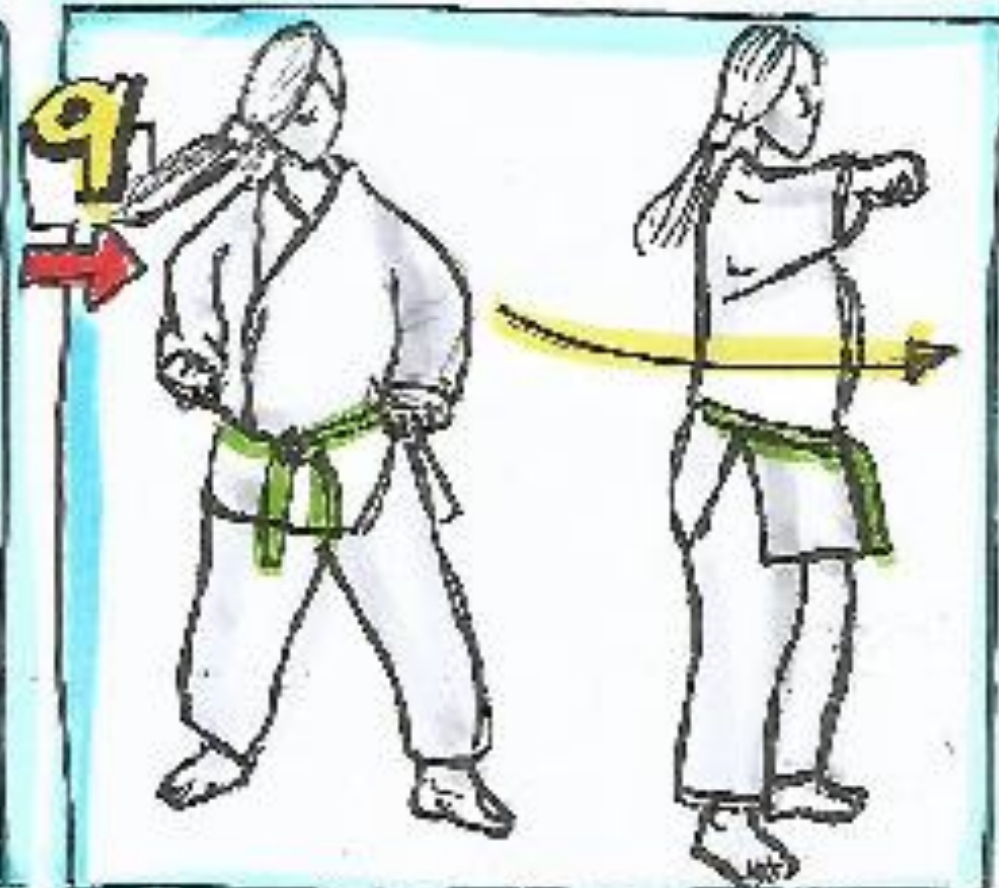
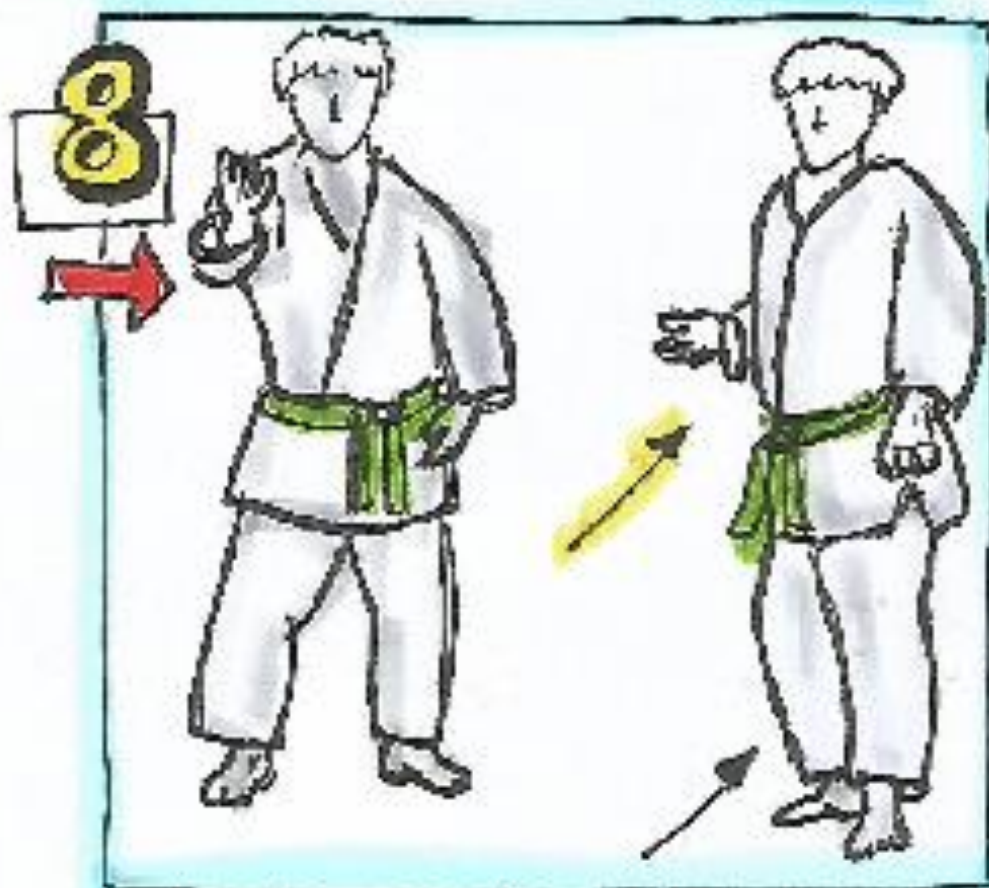
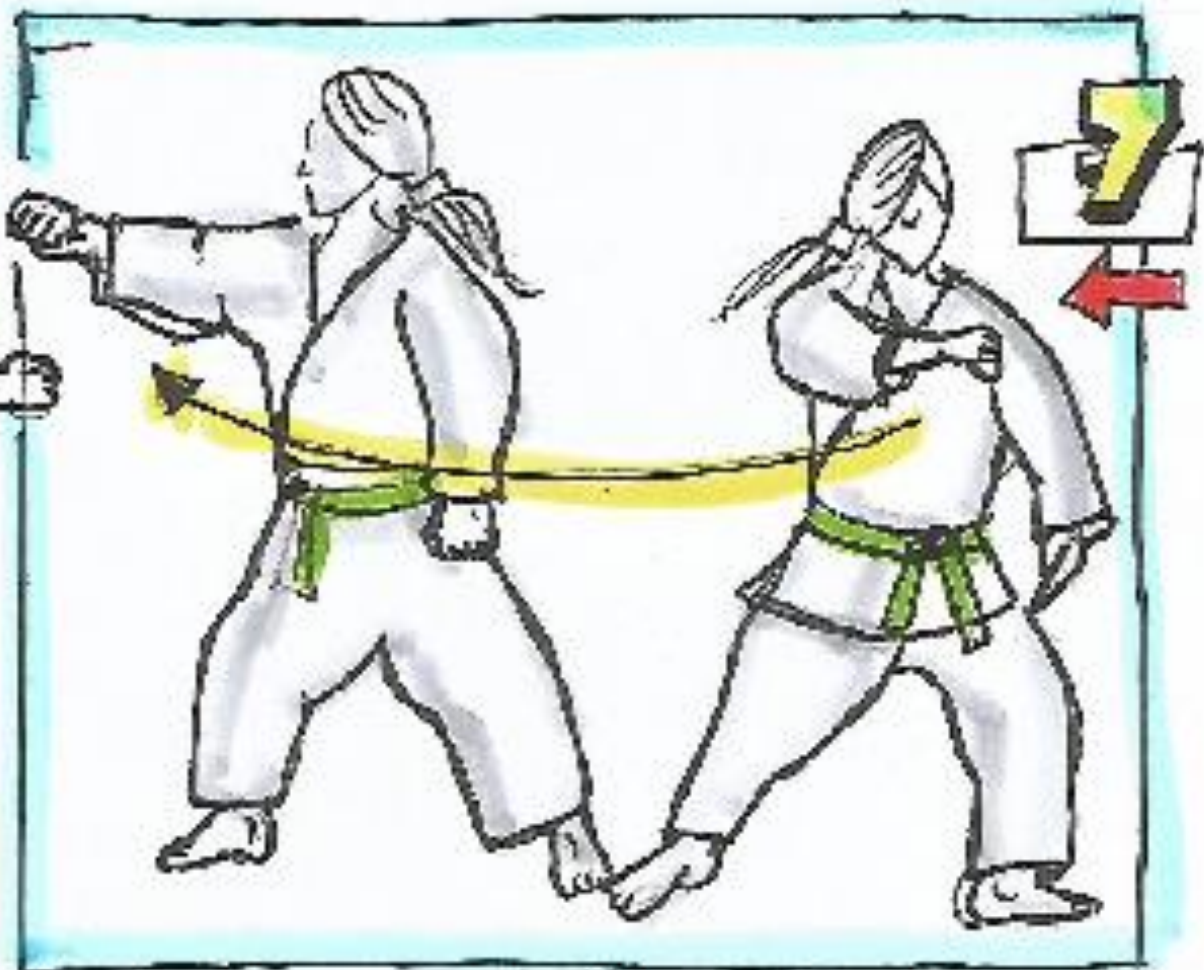
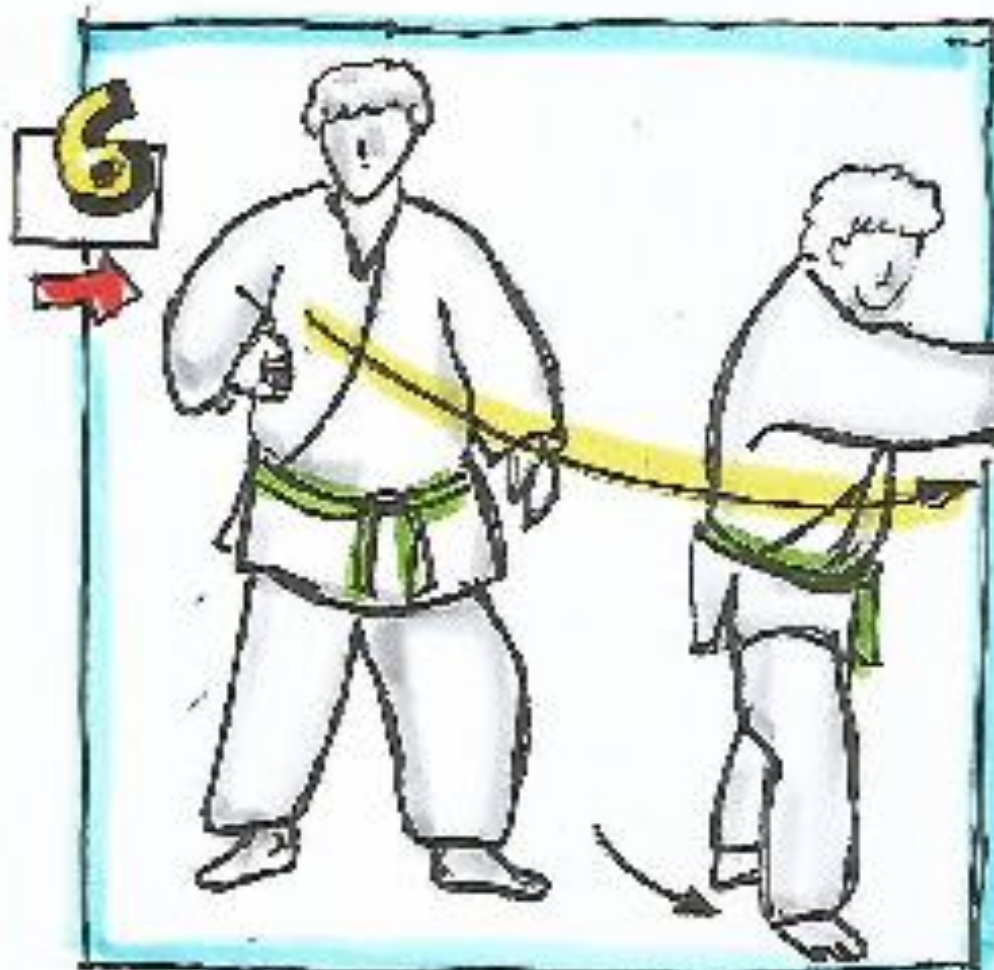
*Ushiro-Ate*



*Mae-Ate*



*Ue-Ate*



*Se repite del  
5 al 10 por  
Hidari*

11



13



12



14



15



*Se repite del 10 al 15 per Hidari*

16



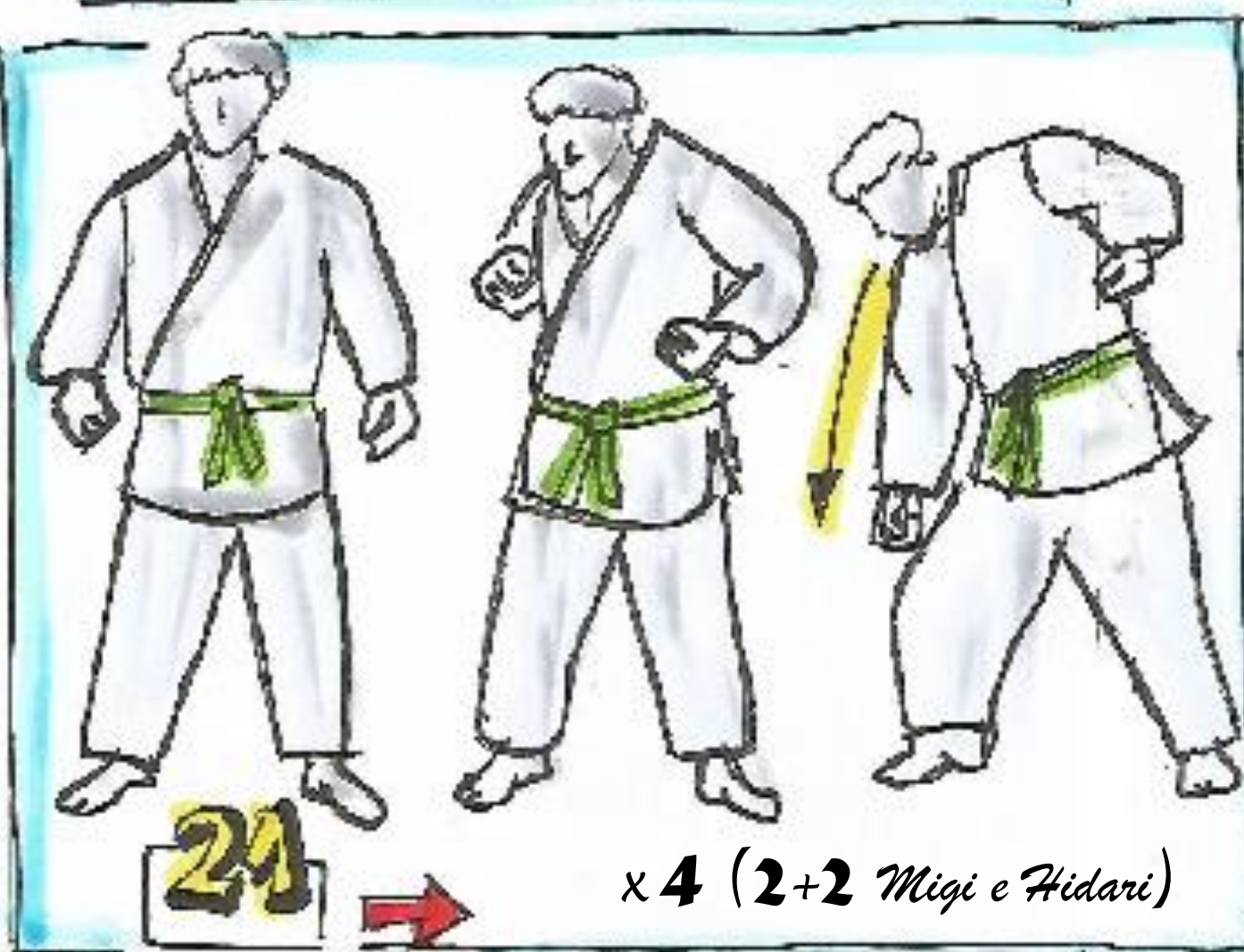
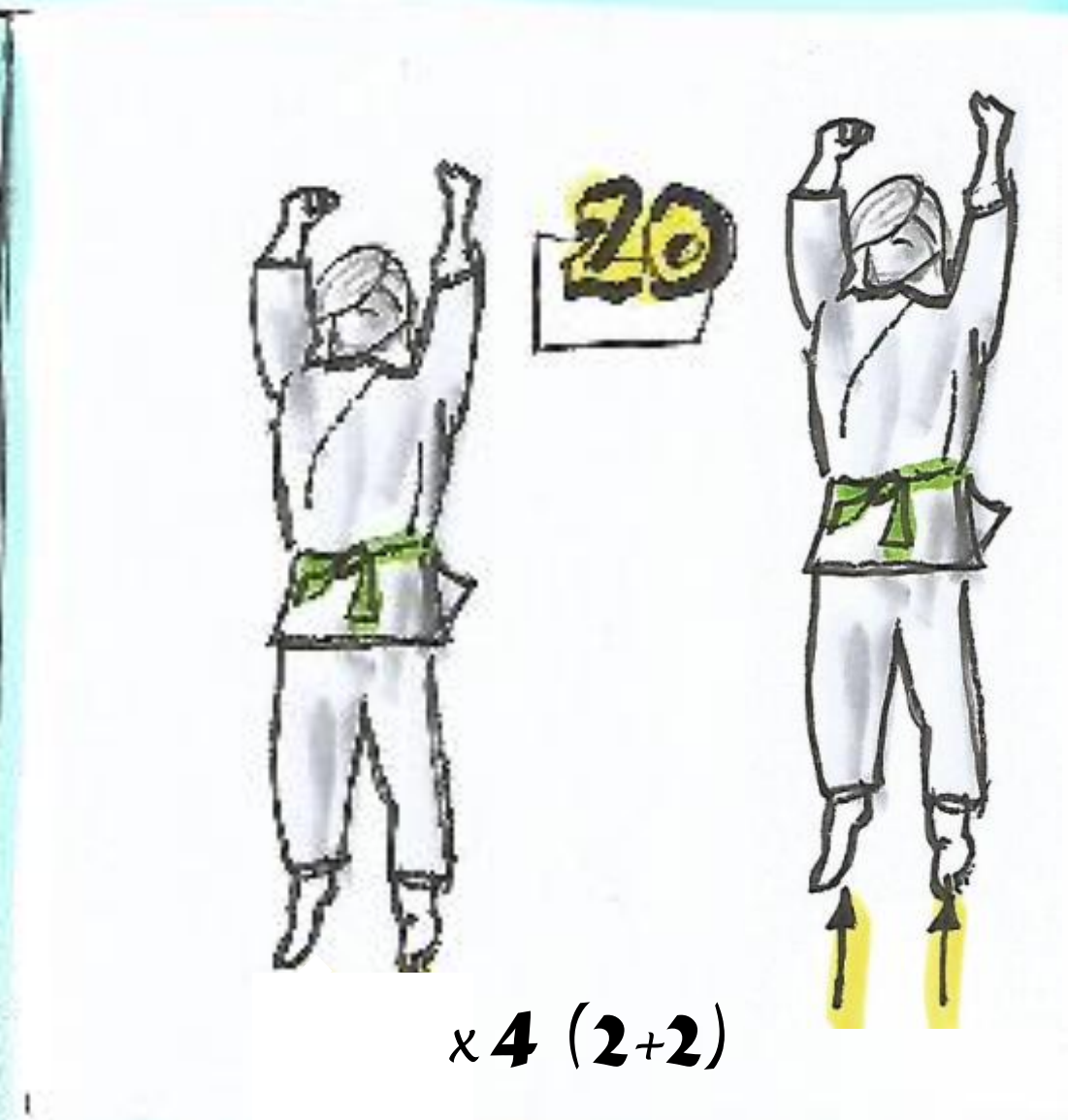
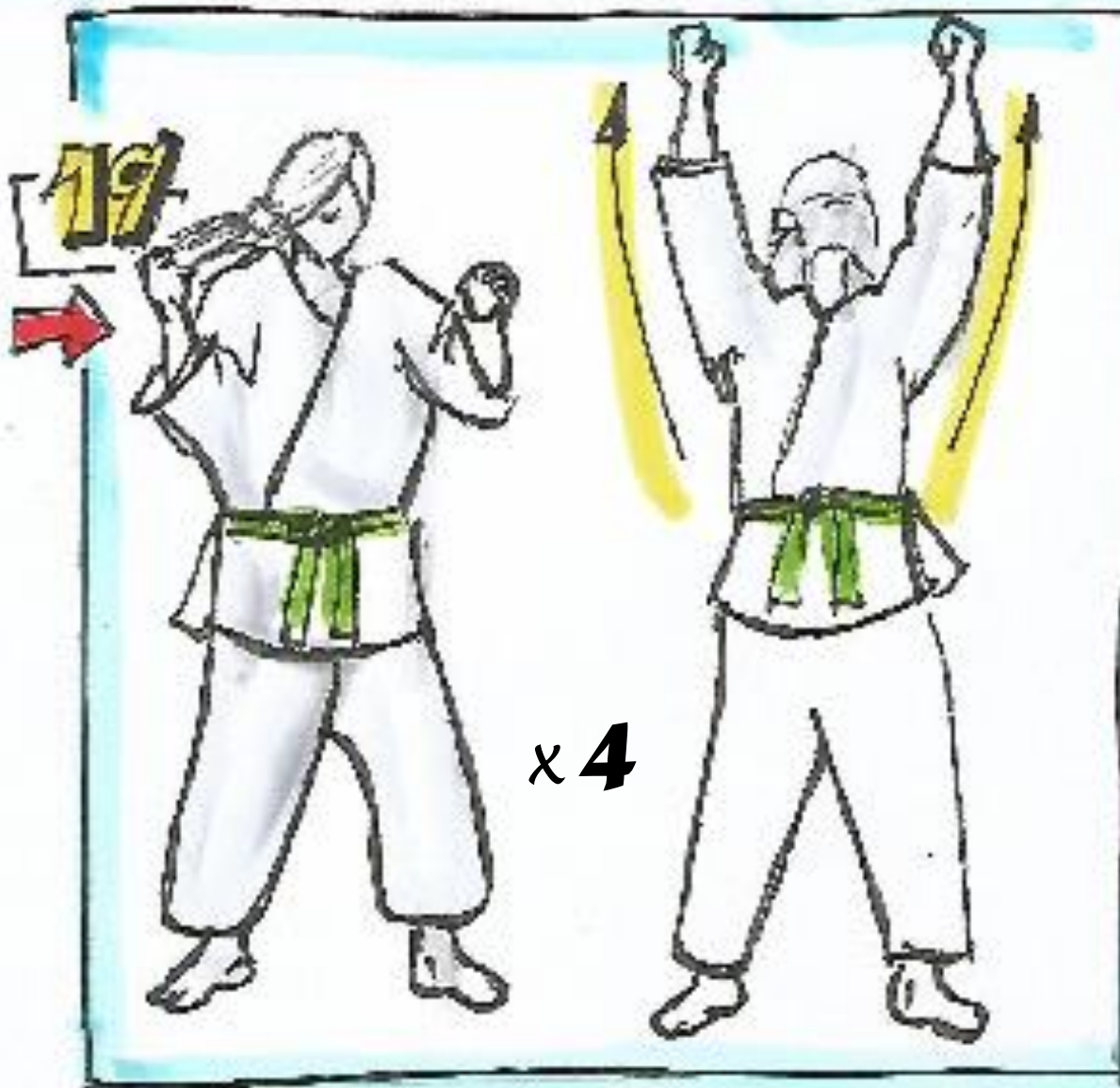
x 4 (2+2)

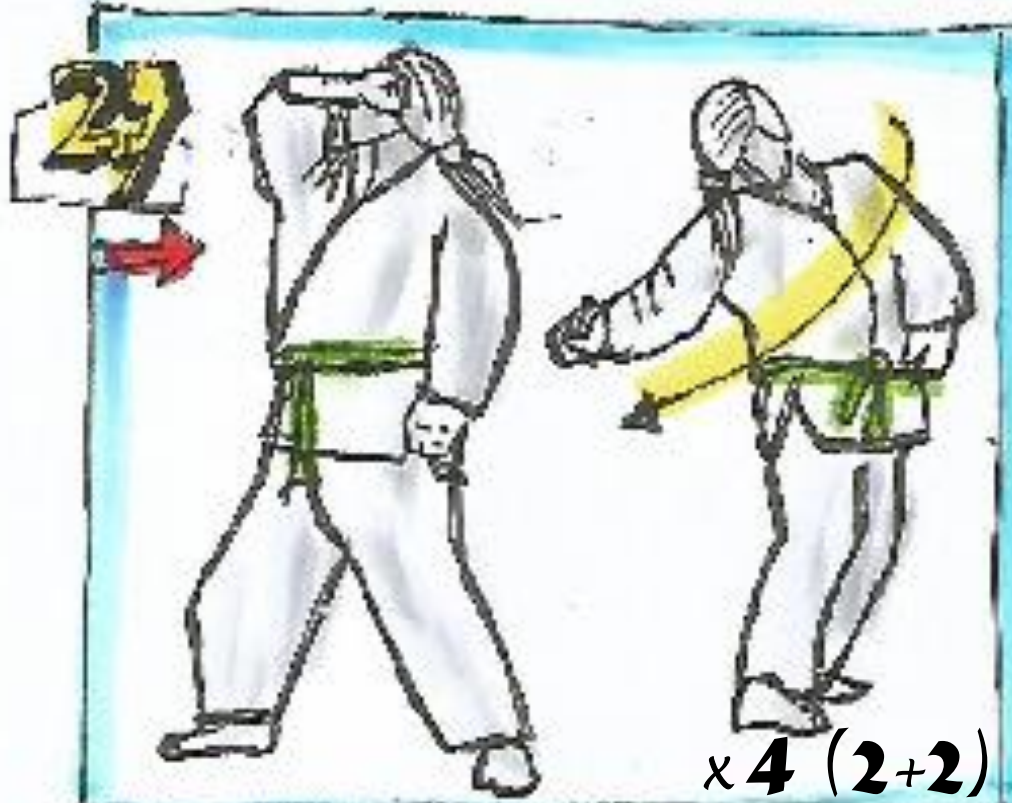
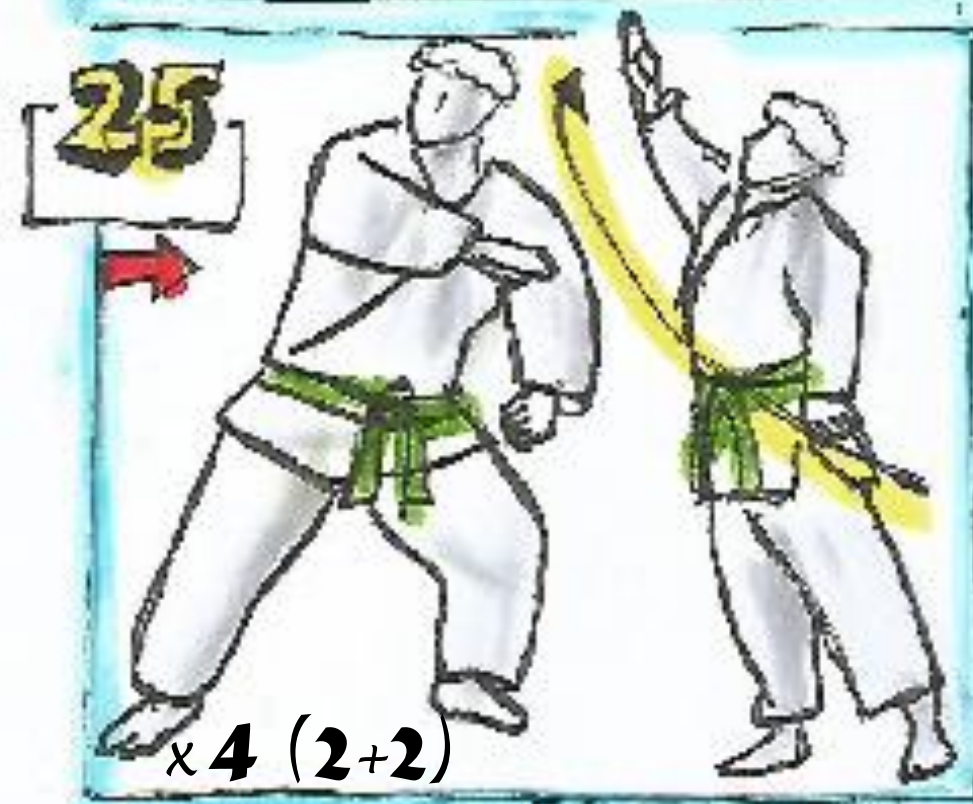
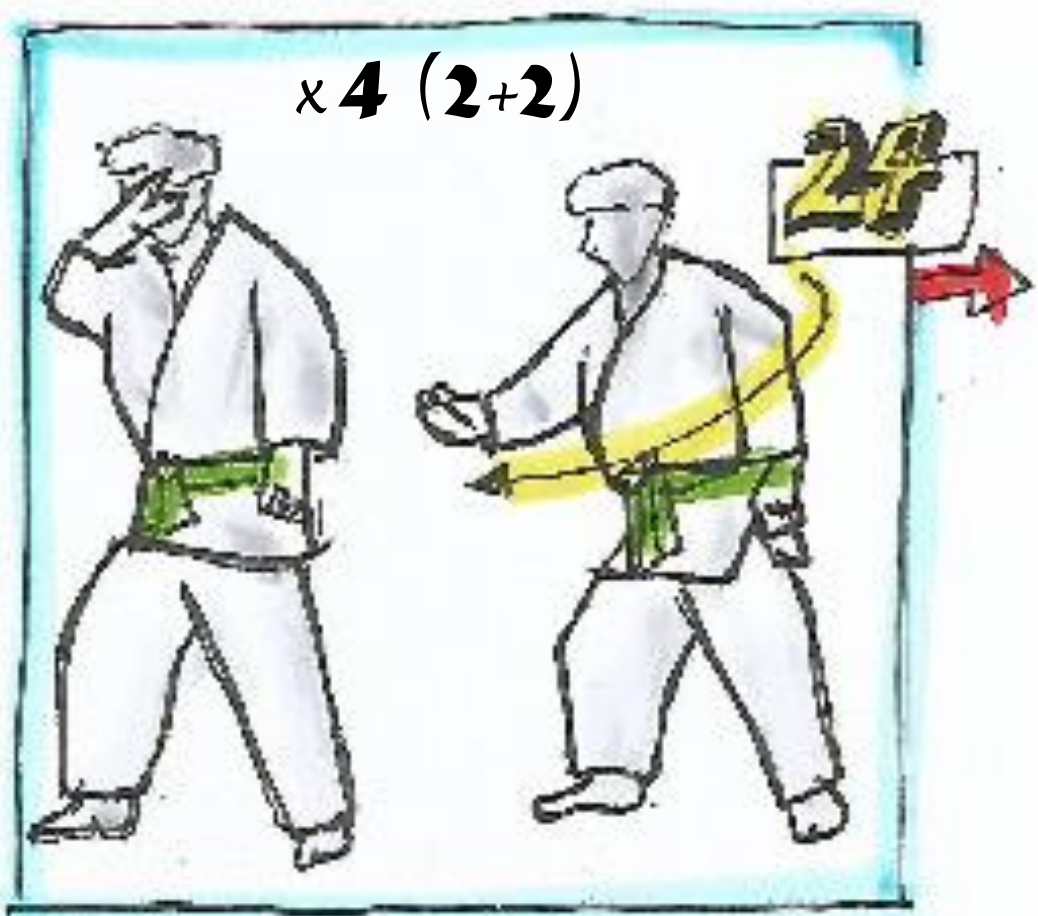
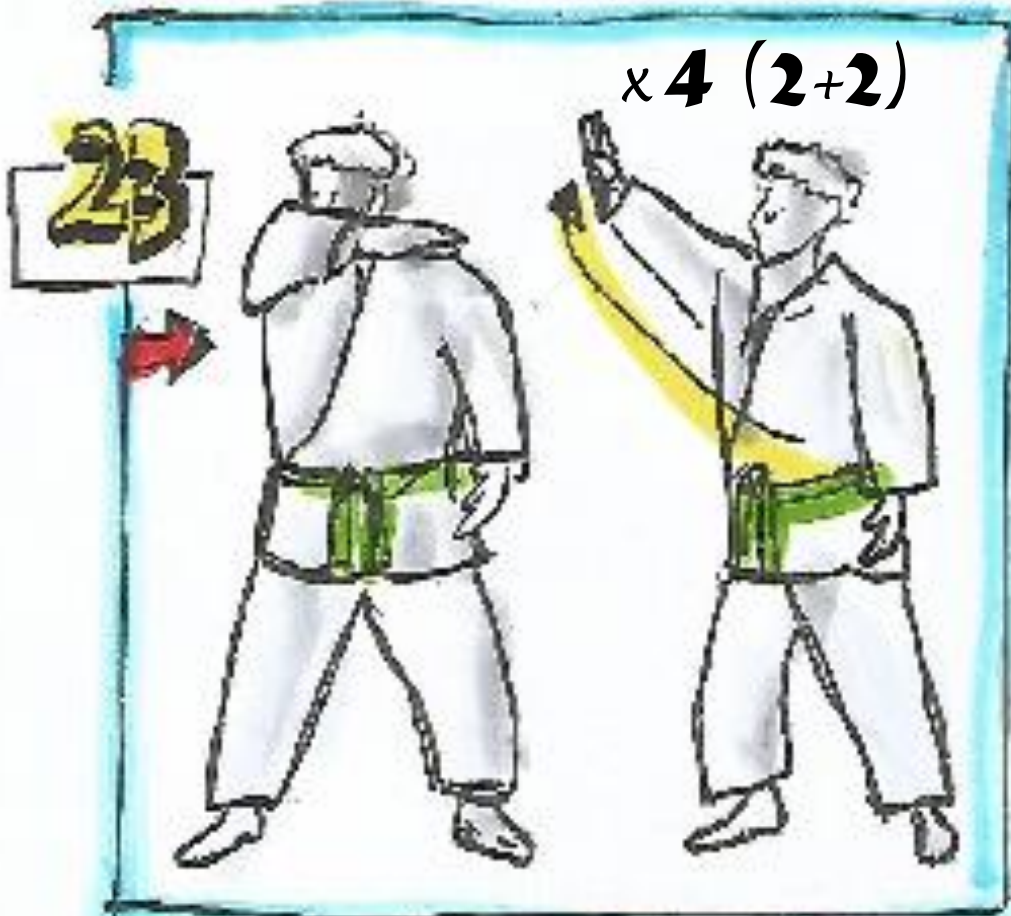
17



x 4

x 4 (2+2)





En los Movimientos  
23,24,25,26,27 (2+2)  
alternos Migi e  
Hidari

