



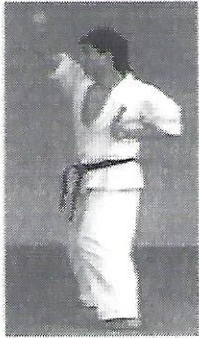



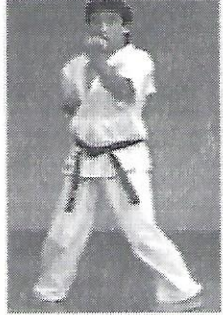









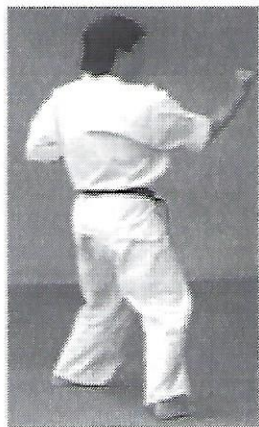


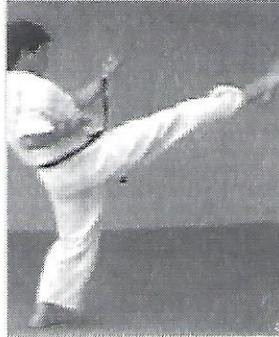

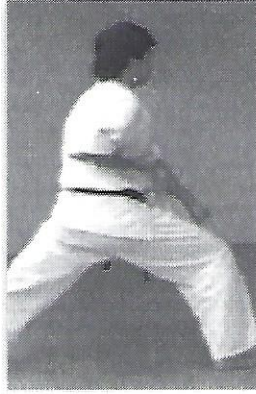

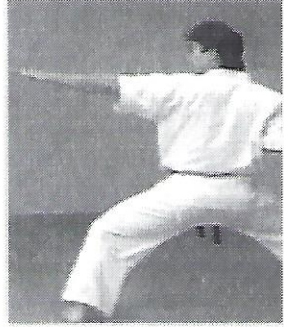




Kyokushin Kata - Gekisai Dai

			 sun
	ich	ni	
			 chich
chi	go	ruk	
			
hach	go	ju	

Kyokushin Kata - Gekisai Dai

			
 <p>From the Side</p> <p>ich</p>	 <p>Fro</p> <p>ni</p>	 <p>sun</p>	 <p>Chi – step back</p>
 <p>chi</p>	 <p>go</p>	 <p>ruk</p>	 <p>go</p>
		 <p>Shish</p>	 <p>huch</p>

Kyokushin Kata - Gekisai Dai

