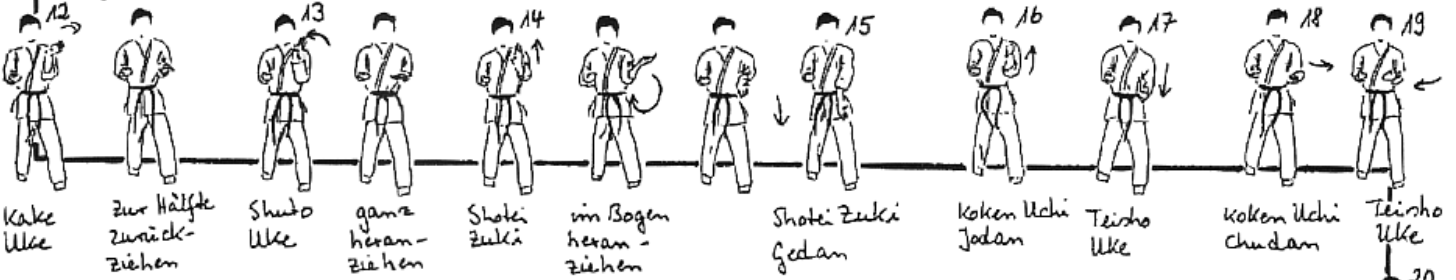
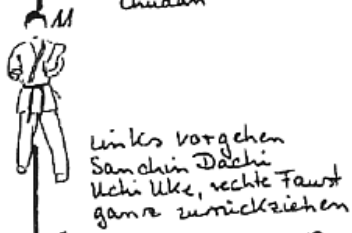
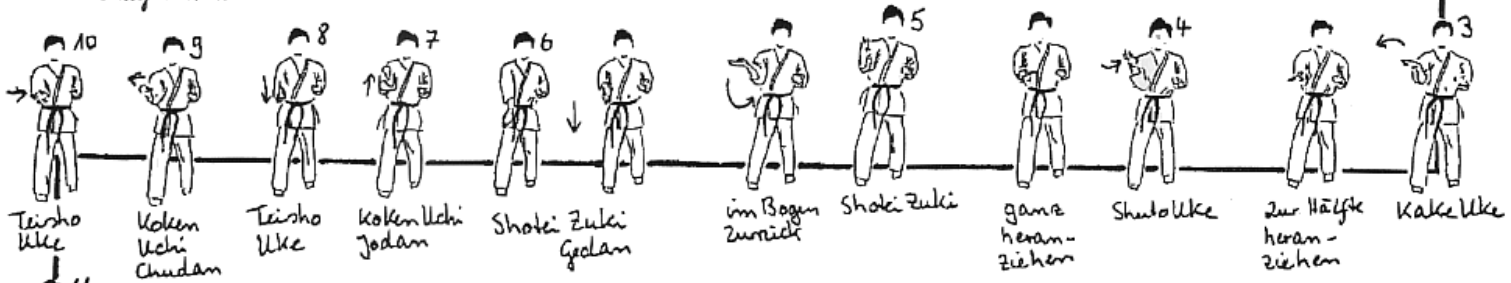
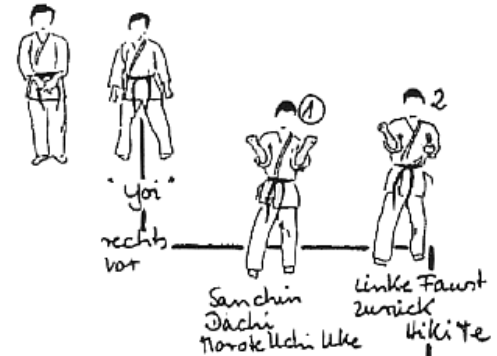


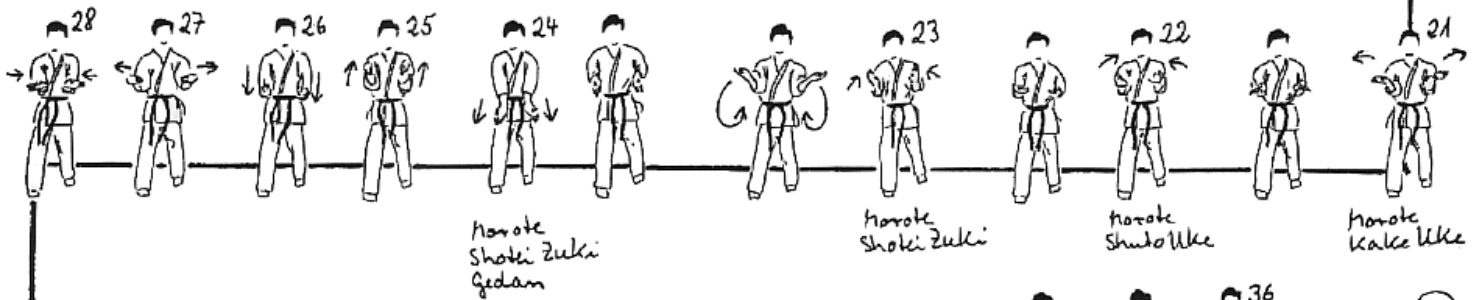
# TENSITŌ



Schritt-  
diagramm.



rechts vorgehen  
Sanchin Dachi  
Norote Uchi Uke



im Stand  
bleiben!

