



ITOSU-KAI KARATE-DO SVERIGE

Shizen Tai



Heisoku Dashi



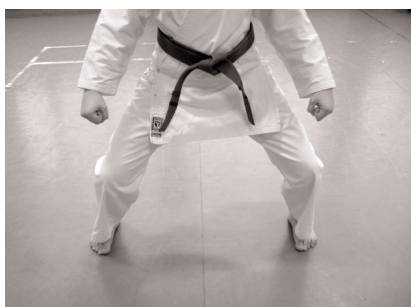
Mosubu Dashi



Heiko Dashi



Hachiji Dashi



Kiba Dashi



Shiko Dashi



Kokutsu Dashi



Han Zenkutsu Dashi



Zenkutsu Dashi



Ayumi Dachi



Neko Achi Dashi



Kosa Dashi



Sanshin Dashi