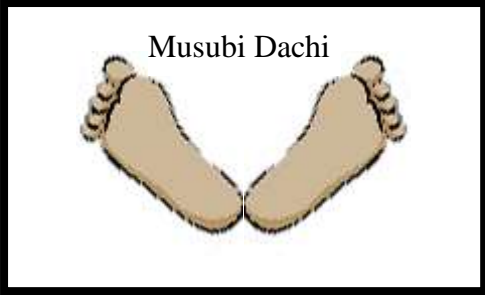
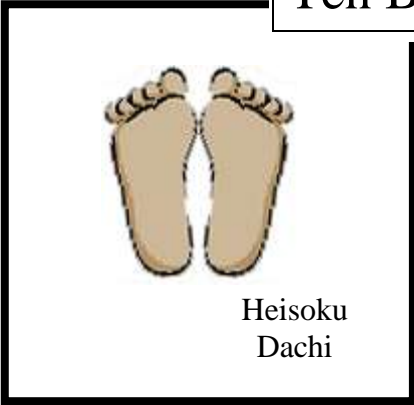


Ten Basic Stances (Goju Ryu)



Counting		
1	Itchi	itch
2	Ni	nee
3	San	san
4	Shi	she
5	Go	go
6	Roku	rook
7	Shichi	seesh
8	Hachi	hatch
9	Ku	kew
10	Ju	Joo
20	Niju	
30	Sanju	
40	Yonju	
50	Goju	
60	Rokuju	
70	Nanaju	
80	Hachiju	
90	Kuju	
100	Hyaku	

