

With the assistance of Sensei Jonathon Smart of Mexico, Sensei George Braynen of the Bahamas demonstrates oyo for Heian Shodan, pointing out the use of dachi itself as an attacking technique, at the U.S. Hombu Dojo during the 42nd Annual Japan Karate-Do Ryobu-Kai International Tournament and Seminars. (Anaheim, CA - June, 2009)