

With the assistance of Sensei Jonathon Smart of Mexico, Sensei George Braynen of the Bahamas demonstrates oyo for Heian Shodan, pointing out necessary adjustments in technique to accomodate opponents of varying size, at the U.S. Hombu Dojo during the 42nd Annual Japan Karate-Do Ryobu-Kai International Tournamant and Seminars. (Anaheim, CA - June, 2009)