

With the assistance of Sensei Jonathon Smart of Mexico, Sensei George Braynen of the Bahamas teaches oyo for Heian Shodan, demonstrating that the best part of subduing an opponent is making him eat boogers, at the U.S. Hombu Dojo during the 42nd Annual Japan Karate-Do Ryobu-Kai International Tournament and Seminars. (Anaheim, CA - June, 2009)