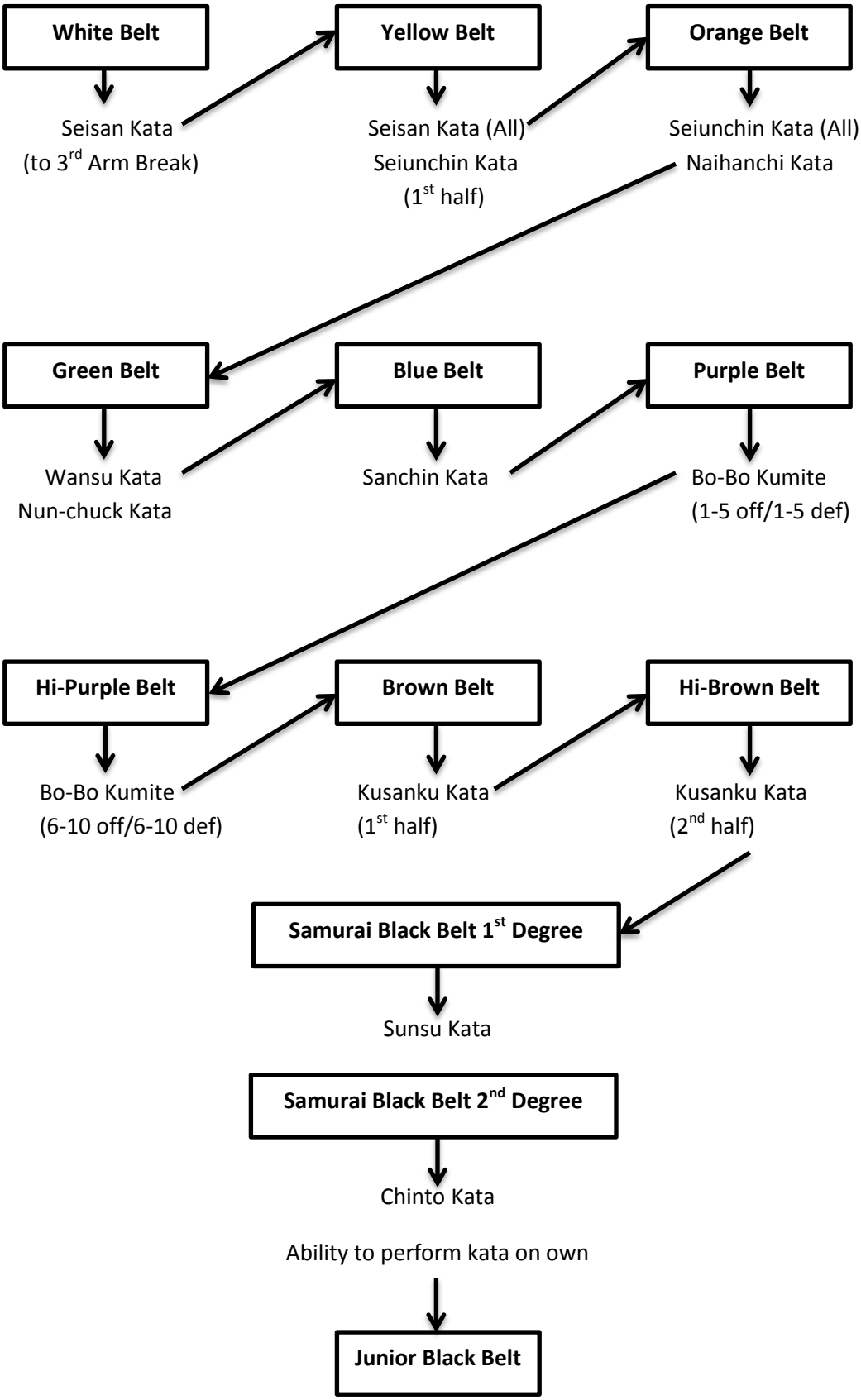Samurai Kata Flow Chart (Ages 5-8)