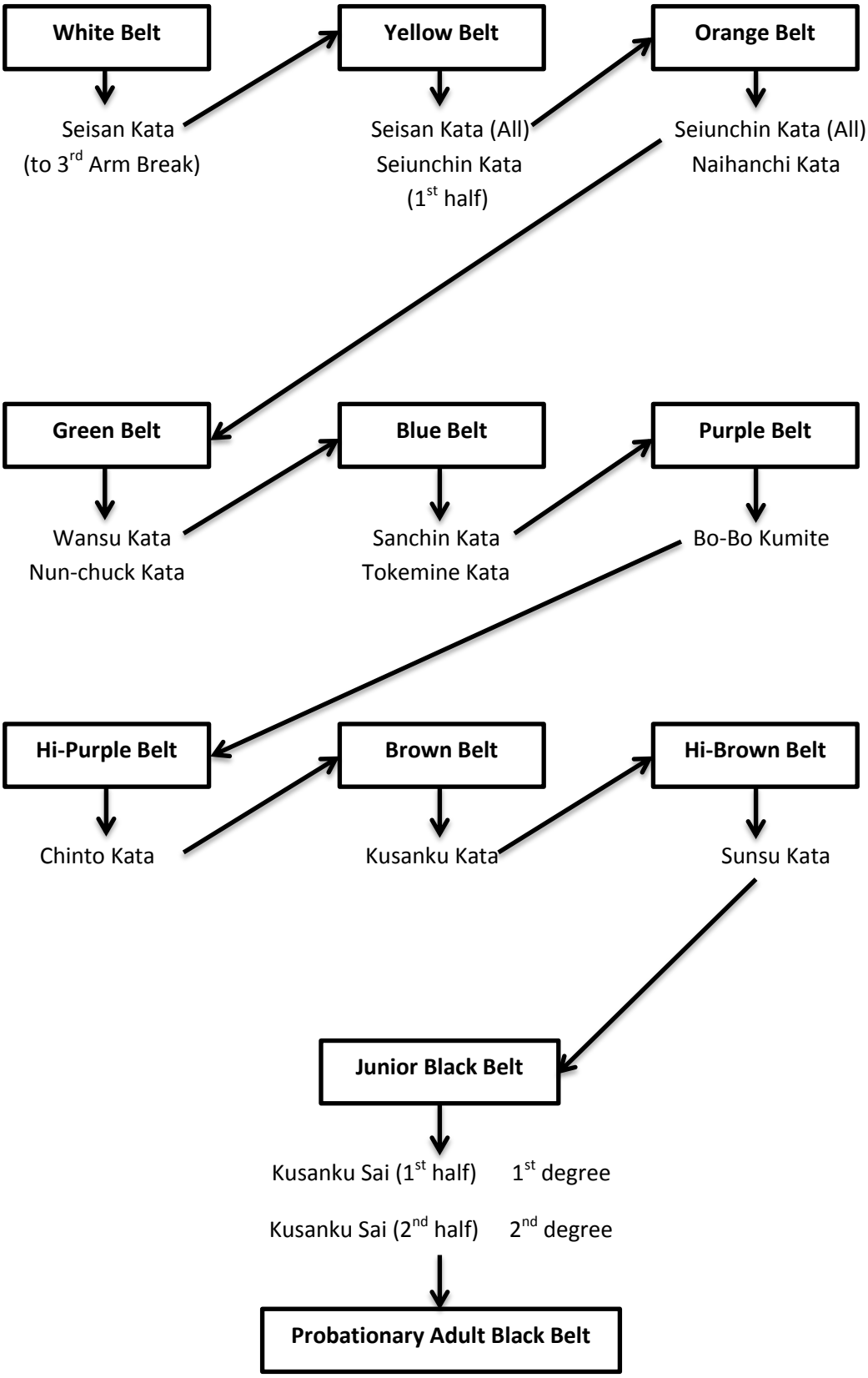Junior Kata Flow Chart (Ages 9-12)