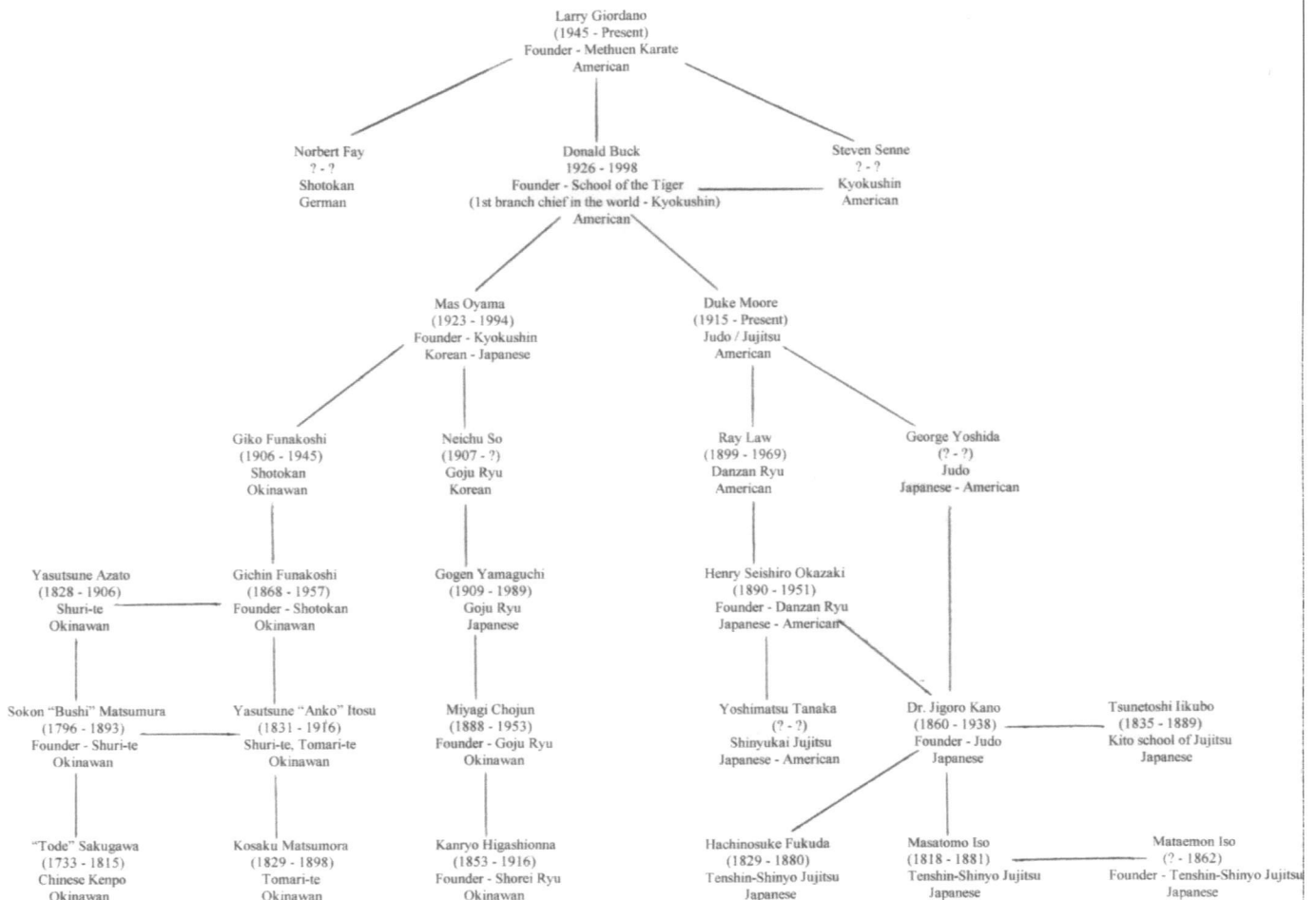


Pinan Go

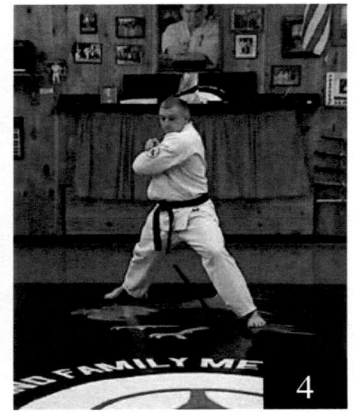
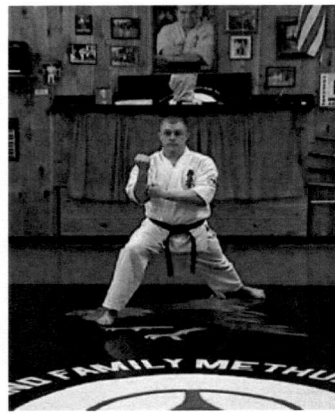
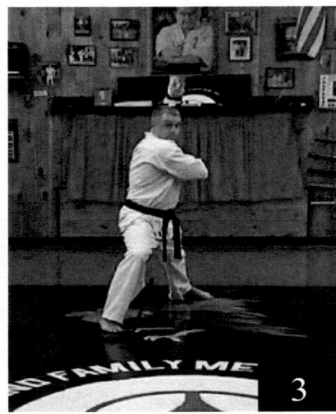
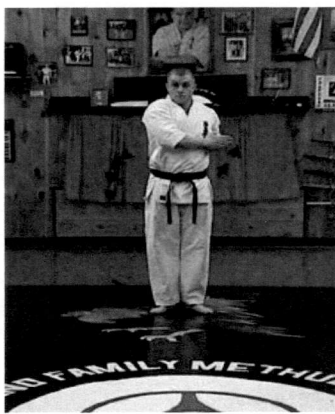
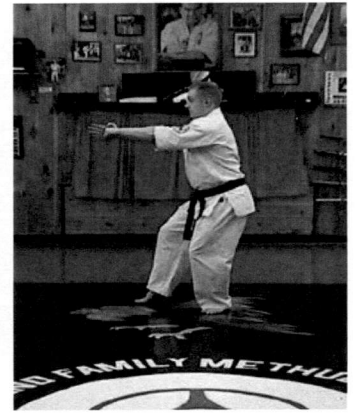
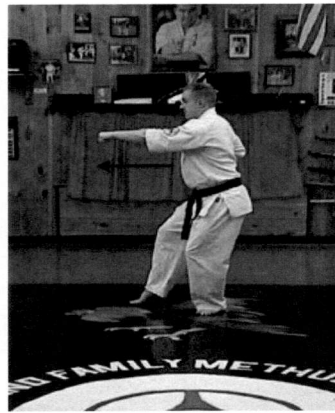
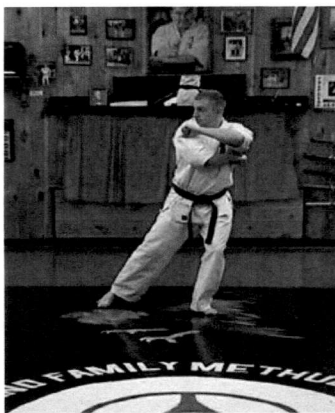
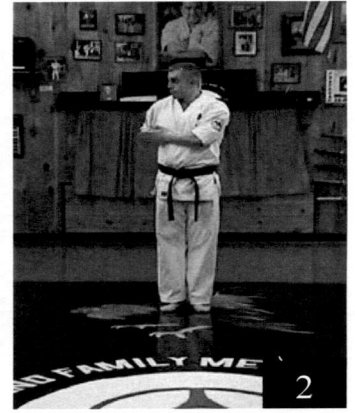
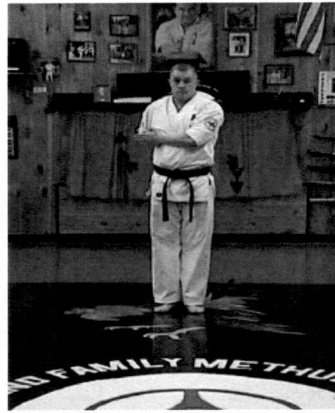
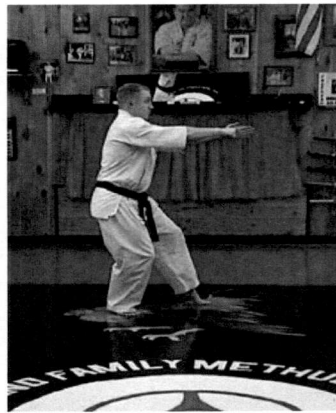
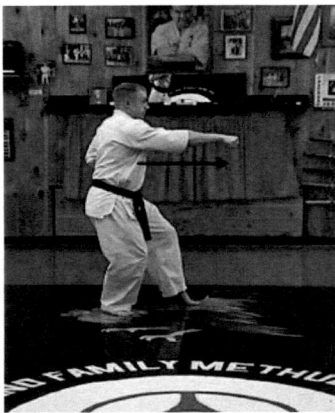
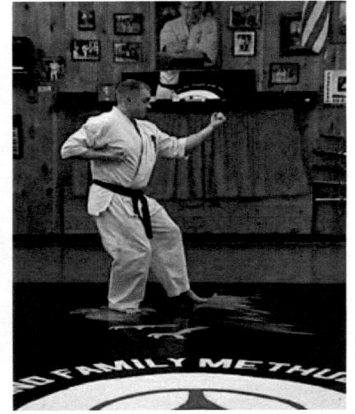
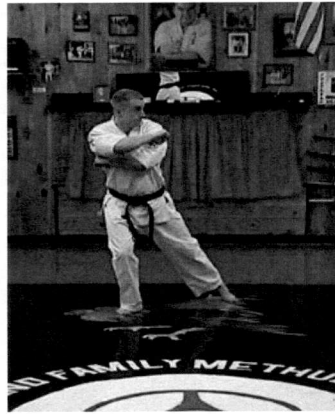
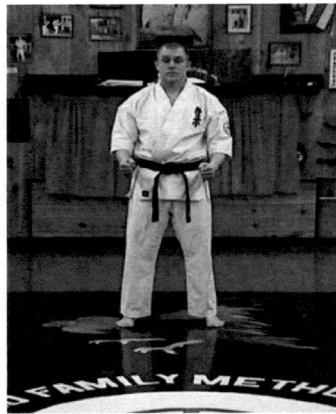
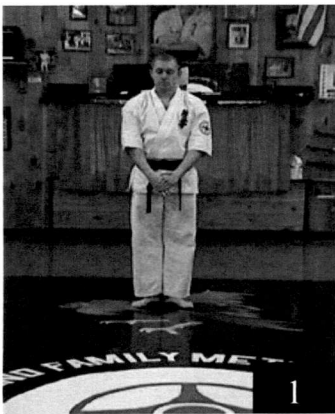
- 1) Bow into Mokuso and slide out into Yoi Dachi. Looking to your left, step back and begin block. Turn hips into left Kokutso Dachi (KKD) as you block left Chudan Uchi Uke (CUU). Perform a straight punch with your right hand. Reach out with your left hand and cover your fist. Rotate your hips 90 degrees clockwise, and slide into Musubi Dachi (MD) as you bring your covered fist into chamber.
- 2) Looking to your right, step back with your right foot and begin block. Turn hips into right KKD as you block right CUU. Perform a straight punch with your left hand. Reach out with your right hand and cover your fist. Rotate your hips 90 degrees counter clockwise and slide into MD as you bring your covered fist into chamber.
- 3) Step out with right foot into ZD, and perform a supported block.
- 4) Step through with left foot into ZD, chamber hands for x block, and perform lower x-block.
- 5) As you look up, chamber hands and then perform high X-Block. Open your hands, (trapping opponent's wrist). Keeping contact with your wrists, rotate your hands with the back of your hands coming together. The right hand rotates towards your head and then away while the left hand rotates away from your head and then towards it, simulating a break. Chamber your right hand back and parry across with your left hand.
- 6) Step through with right foot into ZD, and perform right straight punch chudan level. **KIAI!**
- 7) Rotate your body 180 degrees counter clockwise on your left foot. While rotating, perform a high outside crescent kick with your right leg. Rechamber your leg and stomp with your right foot landing in KD, and perform a low hammer fist with your right hand.
- 8) Look to your left, as you chamber your hands across your body. Both hands are open, with your right arm on top of the left. The right hand protects your face. Slowly bring your left hand out to make a target while the right hand goes to chamber (Ibuki Breathing). With your right leg, perform a outside crescent kick into hand, followed by an elbow strike with the right elbow. Both strikes happen before your right foot touches the ground. Your body will rotate 180 degrees counter clockwise.
- 9) Look over your right shoulder 45 degrees and step with your left leg behind your body into KK (hook stance). Chamber your hands for a supported strike. Stay in hook stance as you perform supported strike. Step out with your left foot and punch straight up high with your right hand (almost an uppercut). Left hand goes to chamber.
- 10) Look to the rear and jump into the air, rotating your body 270 degrees in a counter clockwise direction. Land in KK (hook stance) with the left leg behind you, performing a low X-block in front of your body. **KIAI!**
- 11) Step out with your right foot, rotating your body 90 degrees clockwise, into a right ZD with a supported block.
- 12) Slide your rear leg (left) behind you, and rotate your body 225 degrees counter clockwise so you end up in a right rear leaning stance. Keeping both hands open, your left hand is straight and parallel to your left leg, with the thumb towards the floor. Your right hand is up chambered by your head with the palm facing your face. Rotate your hips into a left forward (regular) leaning stance and use your right hand to perform a palm heel strike as your left hand comes up to protect your face, palm out. Close both hands and rotate hips 90 degrees into KD. Bring your right hand high above your head as the left hand blocks down. Slide your left foot back into MD as you rotate your hips 45 degrees counter clockwise.

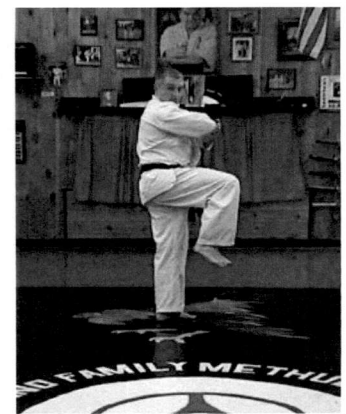
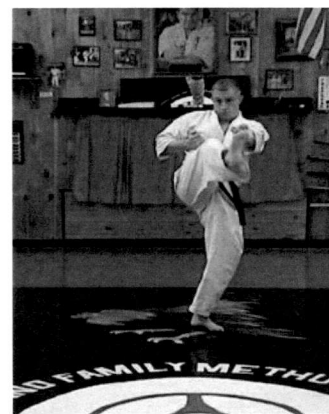
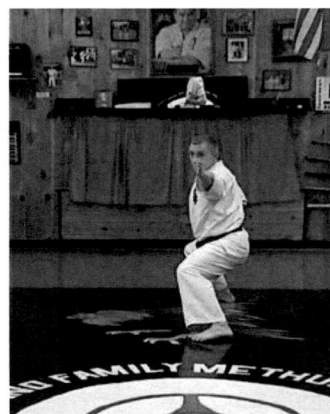
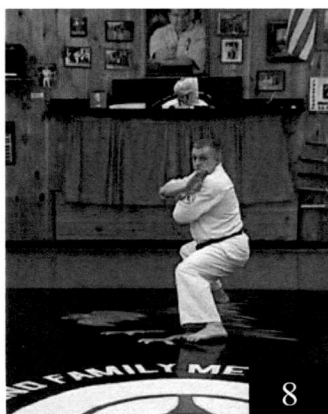
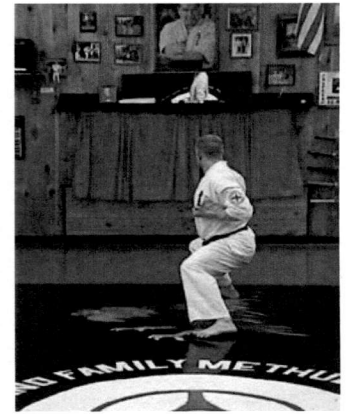
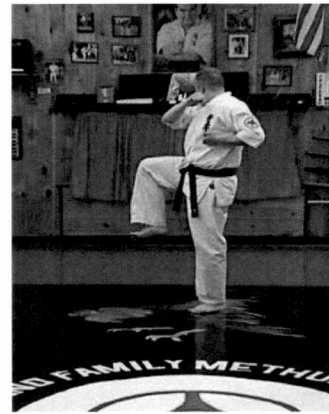
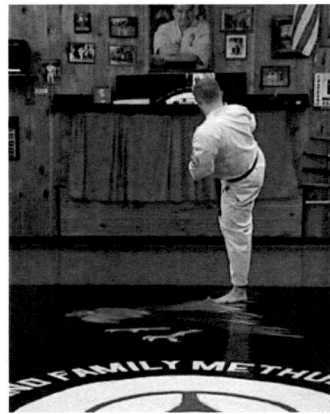
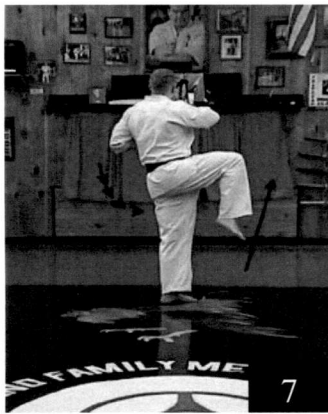
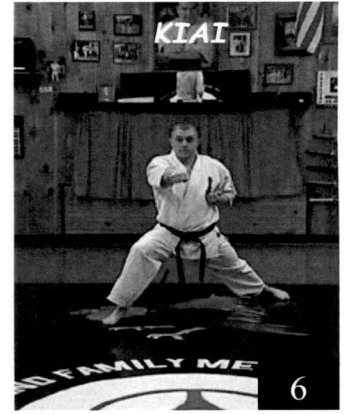
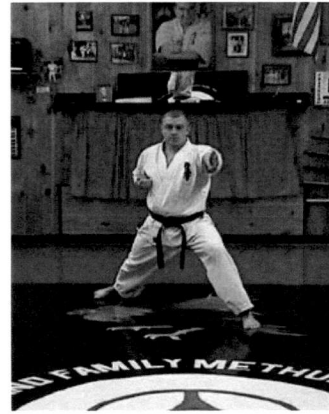
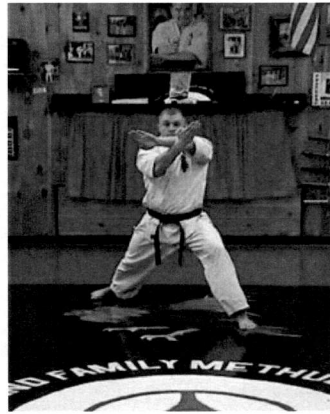
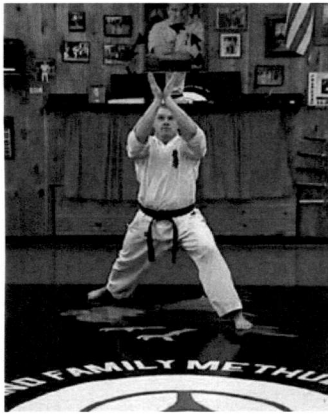
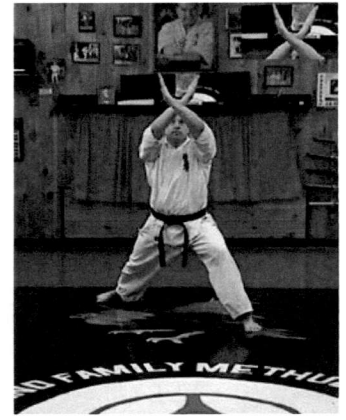
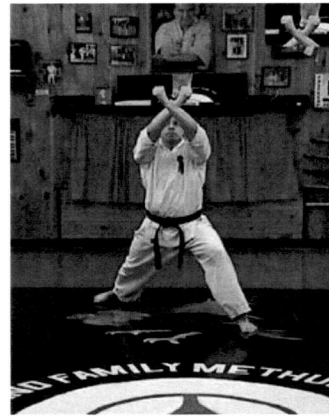
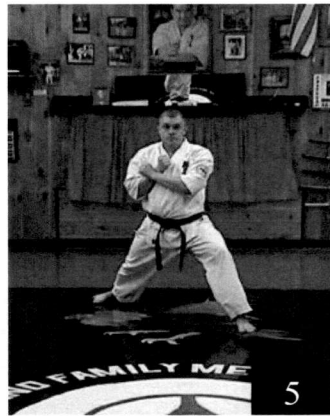
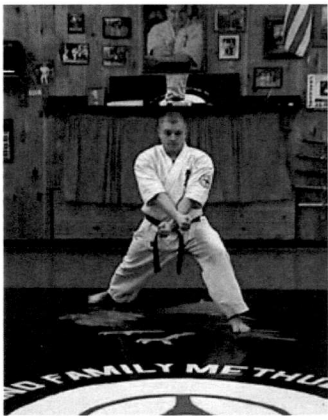
- 13) Slide your right foot out 45 degrees into a left rear leaning stance. Keeping both hands open, your right hand is straight and parallel to your right leg, with the thumb towards the floor. Your left hand is up chambered by your head with the palm facing your face. Rotate your hips into a right forward (regular) leaning stance and use your left hand to perform a palm heel strike as your right hand comes up to protect your face, palm out. Close both hands and rotate hips 90 degrees into KD. Bring your left hand high above your head as the right hand blocks down. Slide your right foot back into MD as you rotate your hips 45 degrees clockwise.
- 14) Step back to Yoi Dachi upon Norei. Bow and end kata upon Rei.

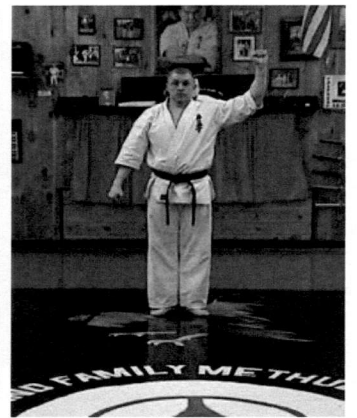
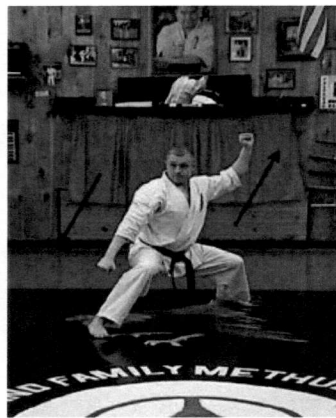
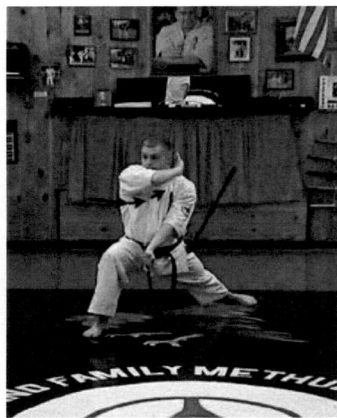
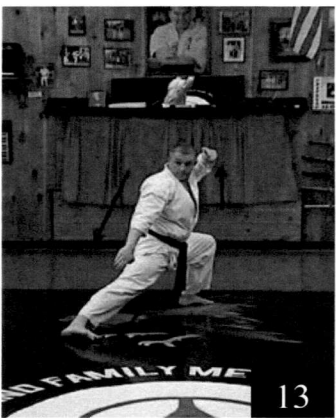
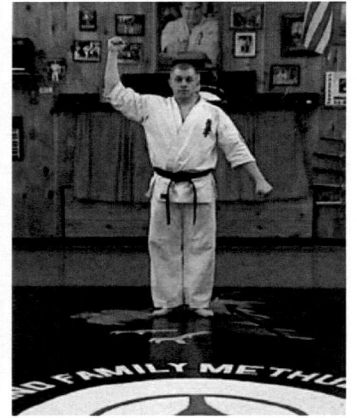
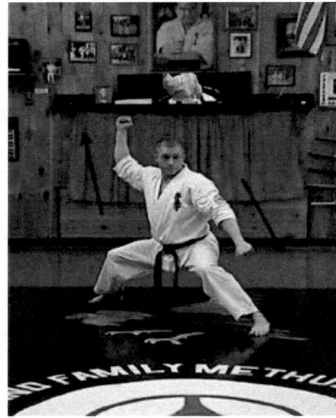
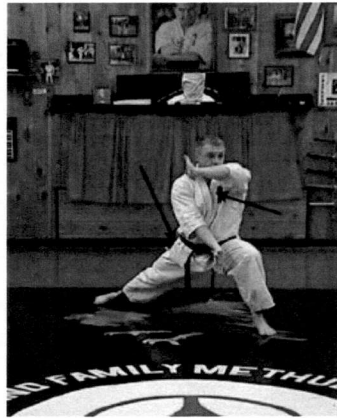
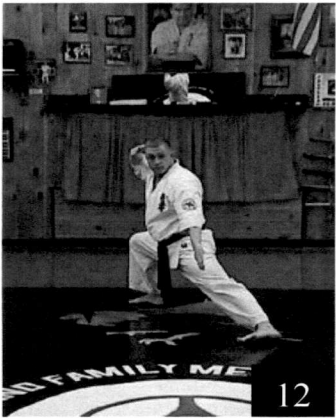
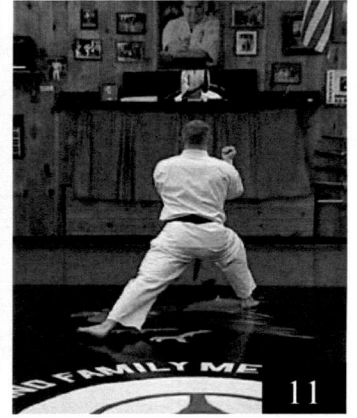
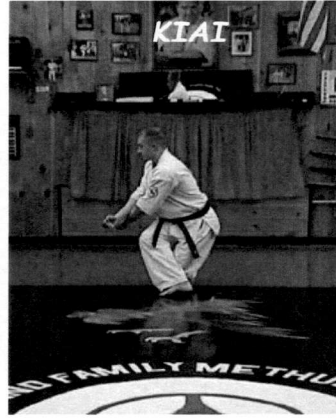
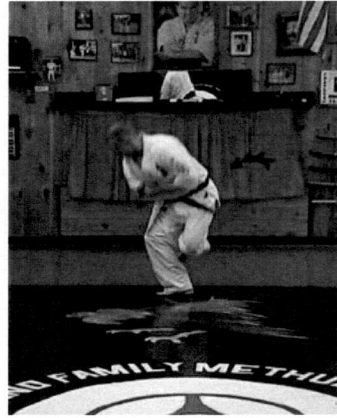
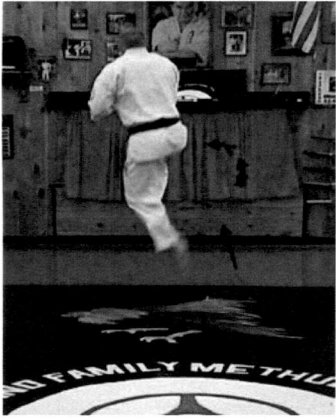
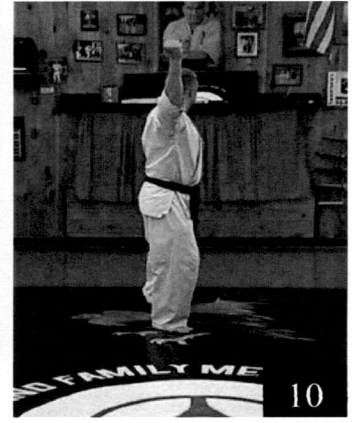
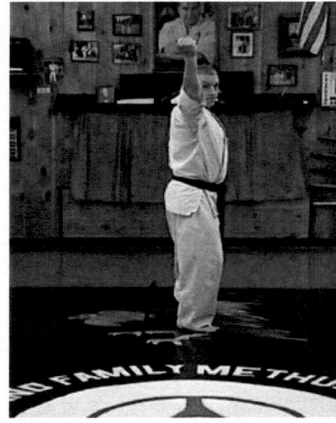
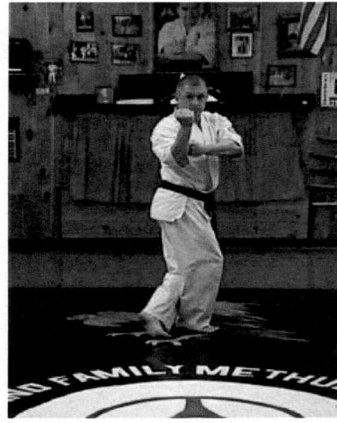
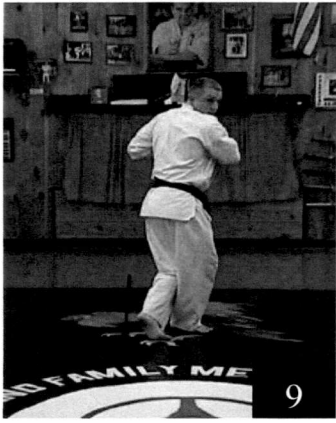
Martial Arts Family Tree of *Larry Giordano*

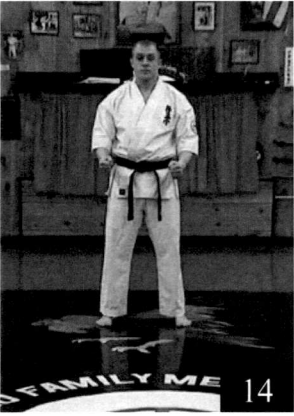


Pinan Go

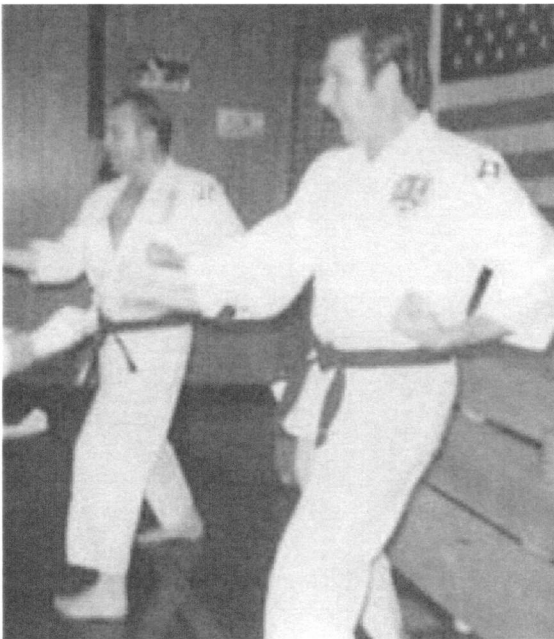




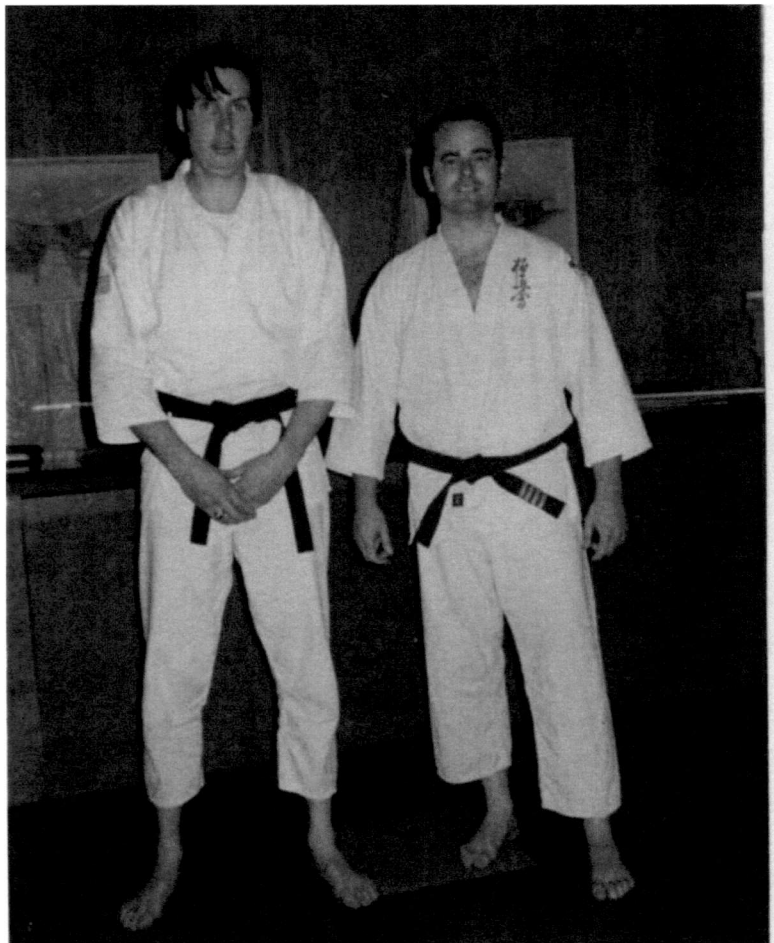




Shihan & Rooster (Given to him by Sensei Buck)



Shihan Training



Shihan & Sensei Senne