

Pinan Ni

- 1) Bow into Mokuso and slide out into Yoi Dachii. Look to your left, step back with your left foot and stack your hands on the right side. Turn hips into left KKD, perform JU with right hand, CUU with left hand. The left fist is positioned up and down (See picture). Bring left hand across body at shoulder height as a block as you perform tettsui (hammer fist) with your right hand to the spleen. Turn your right hand over as you chamber your left hand and slide out into transitional stance. Turn your hips into KD as you punch with your left hand.
- 2) Look to your right and slide your right foot back towards your left into a right KKD. As you move, stack your hands to the left side. Repeat step 1 with the opposite hands blocking and striking.
- 3) Look to the rear as you slide your right leg back into KKD and chamber your hands. Lift right leg into chamber for yoko geri (side kick). Perform jodan yoko geri (side snap kick) and backfist to the rear, at the same time. Look to the front as you rechamber kicking foot, step down into left KKD and perform SMU (shuto mawashi uke).
- 4) Slide straight into Right KKD and perform SMU
- 5) Slide straight into Left KKD and perform SMU
- 6) Slide into Right ZD, parry across your body with your left hand while your right hand chambers back. Perform finger stab with your right hand (your left hand is under the right elbow as support, palm down). **KIAI!**
- 7) Look over shoulder, begin $\frac{3}{4}$ turn by stepping into Kake Dachii (Hook Stance), turn 270 degrees into left KKD and perform SMU.
- 8) Step through to a 45-degree angle into right KKD and perform SMU.
- 9) Turn 135 degrees to your right into right KKD and perform SMU.
- 10) Step through to a 45-degree angle into left KKD and perform SMU.
- 11) Look over your shoulder, step 45 degrees to your left, turn hips into left ZD. While you step, reach up over your right shoulder with an open hand. Close the hand into a tight fist and Block. This block comes from overhead down into a modified inside hooking block.
- 12) Perform chudan MG with your right foot; rechamber leg and land in right ZD.
- 13) Perform a Reverse punch with left hand.
- 14) Slowly turn the left hand over.
- 15) Perform chudan MG with your left foot; rechamber leg and land in left ZD.
- 16) Perform a reverse punch with your right hand.
- 17) Step through with your right foot into right ZD, chamber and perform a supported block to the right side.
- 18) Look over your shoulder, begin $\frac{3}{4}$ turn by stepping into KK (hook stance), turn 270 degrees into left ZD and perform GB with left hand. Rechamber left hand and look to your right at a 45-degree angle. Perform eye gouge across your body with left hand, keeping your hips straight. Step through with your right foot at a 45-degree angle and end in a low right ZD, while you perform JU.
- 19) Look over your right shoulder. Step back and turn 135 degrees to your right and land in a right ZD while performing GB. Rechamber right hand and look to your left at a 45-degree angle. Perform eye gouge across your body, with your right hand, keeping your hips straight. Step through with your left foot at a 45-degree angle and end in a low left ZD, while you perform JU. **KIAI!**
- 20) Return to Yoi Dachii upon Norei. Bow and end kata upon Rei.

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