

## Pinan San

- 1) Bow into Mokuso and come out into Yoi Dachi. Look to your left, step back and begin the block. Turn your hips into left KKD as you block CUU with your left hand. Step up into Musubi Dachi (MD) and punch straight down with your right hand, keeping your left hand in the block position. Stay in MD and perform two sets of double blocks. The blocks consist of CUU and GB with each hand. The right hand finishes in a low block.
- 2) Look over your shoulder step back and begin block. Turn your hips into right KKD as you perform CUU with your right hand. Step up into MD and punch straight down with your left hand, keeping your right hand in the block position. Stay in MD and perform two sets of double blocks. The left hand finishing in a low block.
- 3) Looking over your left shoulder, step 90 degrees to your left as you chamber hands for a supported block. Turn your hips into left ZD and complete block.
- 4) Parry your left hand across your body to the right side as you chamber the right hand back. Step through into right ZD and perform a nukite (finger strike). Support your right arm with your left hand (palm down) under elbow.
- 5) Turn your hips to the left into a low KD (horse stance), as your right hand comes up to a salute position. Squat low. Keeping your back straight, bring your left hand up to block/protect your face as you reach out with your right hand to ankle height. *Motion should simulate grabbing an ankle.* Step behind with your left leg into KK (hook stance). Turn your body in a counter clockwise motion, as you pull up with your right hand, simulating a grab and pulling of opponent's leg into the air. Finish in a KD and perform a tettsui (hammer fist) with your left hand to shoulder height.
- 6) Pivot to your left (counterclockwise) into a transitional stance with left foot forward. Step through to a right ZD and punch chudan with your right hand. **KIAI!**
- 7) Looking over your left shoulder; turn your body 180 degrees in a counterclockwise rotation as your left foot slides around into MD. Place your fists on your waist.
- 8) Keeping your hands in this position, perform chudan MG with your right foot, landing in a low transitional stance with the toes of the back (left) foot on the ground and the heel in the air, knee close to the ground. The right foot is facing straight forward and the knee is bent 90 degrees. Rotate your hips in a counter clockwise rotation into a KD. Perform a block with the right elbow, followed by a straight uraken (back fist) over the top with the right hand.
- 9) Rotate 90 degrees clockwise back to the transitional stance. Perform chudan MG with your left foot, landing in a low transitional stance with the toes of the back (right) foot on the ground and heel in the air, knee close to the ground. The left foot is facing straight forward and the knee is bent 90 degrees. From this position rotate your hips in a clockwise direction into a KD. Perform a block with the left elbow, followed by a straight uraken (back fist) over the top with the left hand.
- 10) Rotate 90 degrees counter clockwise back to the transitional stance. Perform chudan MG with your right foot landing in a low transitional stance with the toes of the back (right) foot on the ground and heel in the air, knee close to the ground. The left foot is facing straight forward and the knee is bent 90 degrees. From this position rotate your hips in a counter clockwise rotation into a KD. Perform a block with the right elbow, followed by a straight uraken (back fist) with the right hand.

- 11) Rotate 90 degrees clockwise back to the transitional stance, while you parry across your body with the right hand. Step through to left ZD, punching with left hand (Chudan).
- 12) Bring your right foot up to your left foot with your knees bent. Keep your right hand chambered and left hand out in punch. Slide out with right foot into KD.
- 13) Look over your right shoulder; step behind with your left foot into KK (hook stance). Rotate your hips 180 degrees counter clockwise and into KD. As you turn, your right arm performs an elbow strike at shoulder height while your left hand goes to chamber.
- 14) Look over your right and jump straight in the air to your right, landing in KD and perform an elbow strike with the left arm at shoulder height, while you chamber your right hand. **KIAI!**
- 15) Return to Yoi Dachi upon Norei. Bow and end kata upon Rei.



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