

Pinan Yon

- 1) Bow into Mokuso and slide out into Yoi Dachi. Looking to your left, step back and stack your hands on the right. Turn hips into KKD as you block CUU with your left hand and JU with your right hand. Both hands are open with thumbs tucked. See picture for proper position.
- 2) Look over your right shoulder as you step back with your right foot. Rotate 180 degrees into KD, repeating the same blocks as in step one, with opposite hands.
- 3) Look over your shoulder and slide your left foot out 90 degrees while chambering your hands up by your shoulder. Rotate your hips into left ZD and perform X Block down.
- 4) Step through to right ZD and perform right supported block.
- 5) Look to your left as you stack your hands to the right side, and chamber your left leg in order to execute a yoko geri. (Chamber to front) Execute YG with left foot while striking with left uraken (backfist). Re-chamber legs and hands. Step out 90 degrees to the left into ZD, and make a target with your left hand. Perform elbow strike with right elbow, extending to target.
- 6) Slide your back leg (right) in as you rotate your hips 90 degrees clockwise. Look to your right as you stack your hands to the left side, and chamber your right leg in order to execute a yoko geri. (Chamber to front) Execute Yoko Geri with right foot while striking with right uraken (backfist). Re-chamber legs and hands. Step out 90 degrees to the right into ZD, and make a target with your right hand. Perform elbow strike with left elbow, extending to target.
- 7) Look over your left shoulder and slide your back leg (left) clockwise 45 degrees. Rotate your hips to change from right ZD to Left ZD, while performing an open handed JU with your left hand and a Shuto to the temple with your right hand. Perform jodan MG with your right foot, keeping your hands in the shuto and blocking positions.
- 8) Look over your right shoulder 45 degrees and step with your left leg behind your body into KK (hook stance). Stay in stance as you perform a uraken (backfist) with your right hand to the rear and chamber your left hand. **KIAI!**
- 9) Rotate your hips 225 degrees counter clockwise as you step out with your left leg into ZD. Chamber your hands across your body as you turn and perform a double GB (downward block). Raise your right hand straight out in front of your body as you chamber your left hand. Perform chudan MG (front snap kick) with your right foot under the extended arm. Perform two punches, chudan level, left hand then right hand.
- 10) Look over your right shoulder as you step and turn into right ZD. You rotate 90 degrees clockwise. Chamber your hands across your body as you turn and perform a double GB (downward block). Raise your left hand straight out in front of your body as you chamber your right hand. Perform chudan MG (front snap kick) with your left foot under the extended arm. Perform two punches, right hand then left hand.
- 11) Look 45 degrees counter clockwise as you chamber your hands for a supported block. Chamber the hands by your shoulder. Slide your left foot 45 degrees counter clockwise into a left ZD with the supported block.
- 12) Step through with your right foot as you chamber your hand for a supported block. Step into Right ZD and perform the supported block.
- 13) Step into left ZD and bring your hand up to head height in front of your body (Simulating grabbing opponent's head). Bring right knee up for Hiza Geri (knee kick) into your descending hands. **KIAI!**

- 14) Step down as you rotate your hips 180 degrees counter clockwise. Slide your front foot back into a left KKD, and perform $\frac{1}{2}$ SMU.
- 15) Step through into right KKD and perform complete SMU.
- 16) Step back to Yoi Dachi upon Norei. Bow and end kata upon Rei.

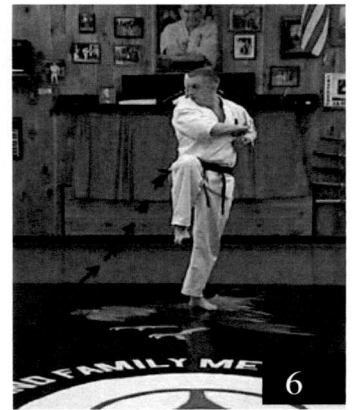
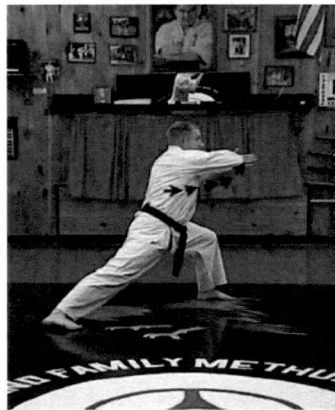
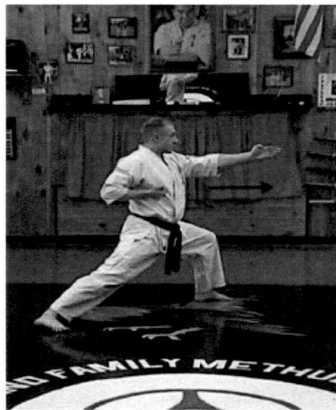
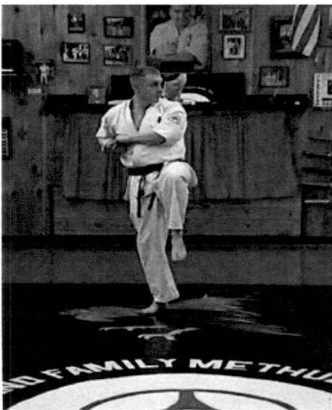
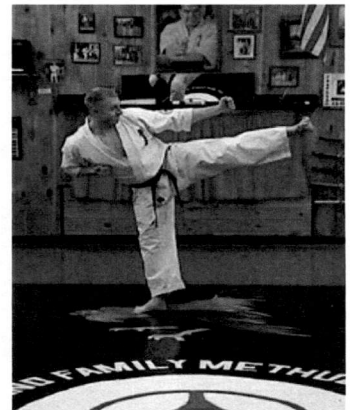
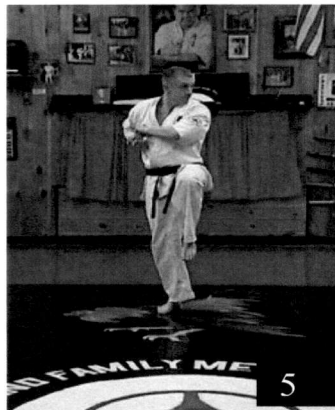
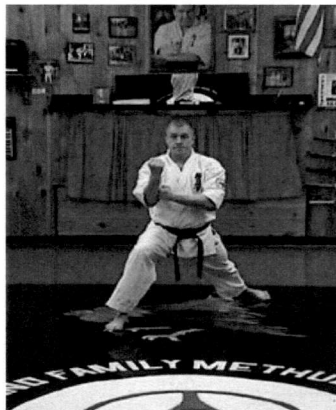
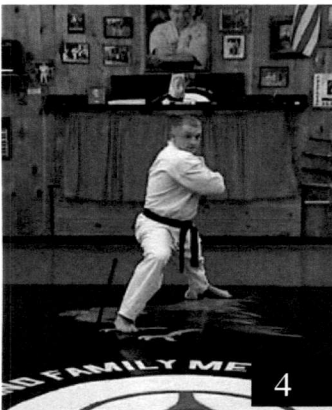
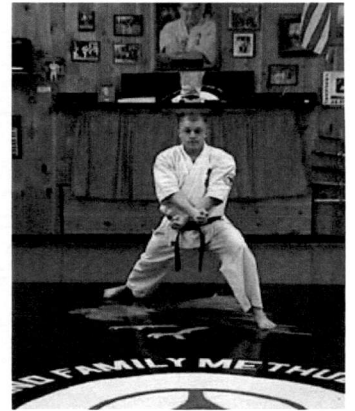
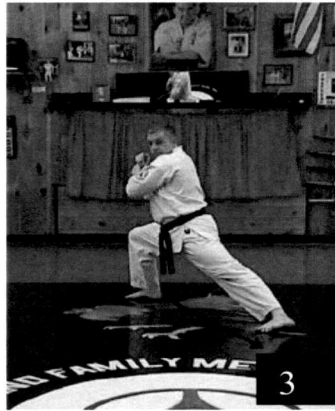
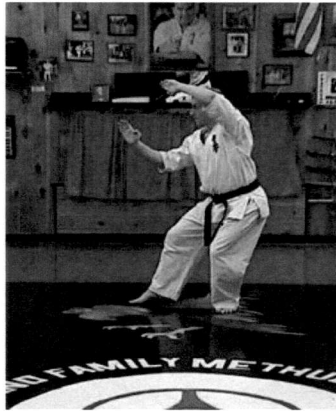
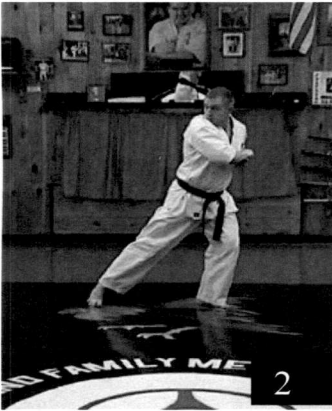
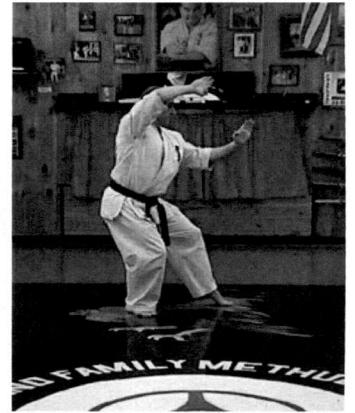
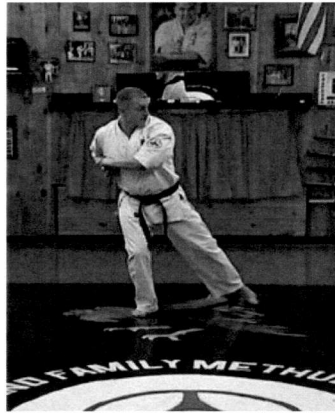
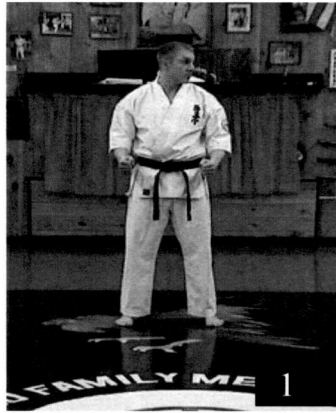
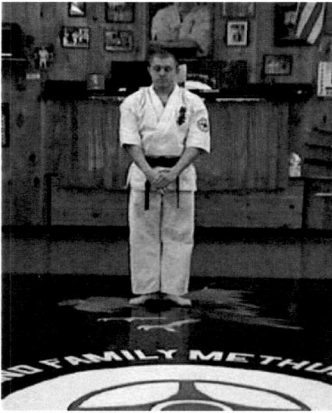
Mas Oyama with Mrs. G

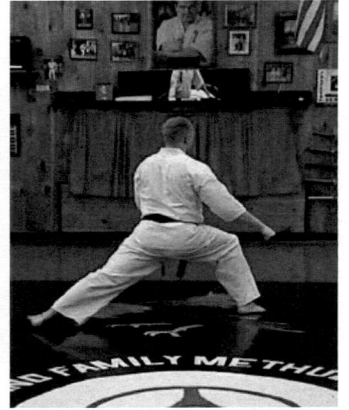
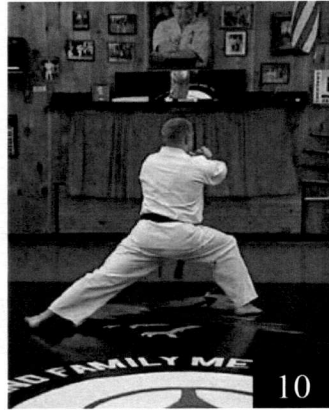
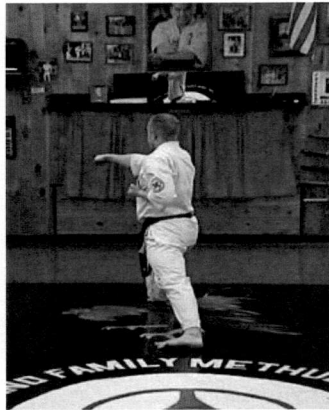
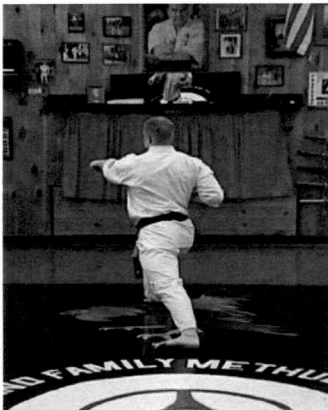
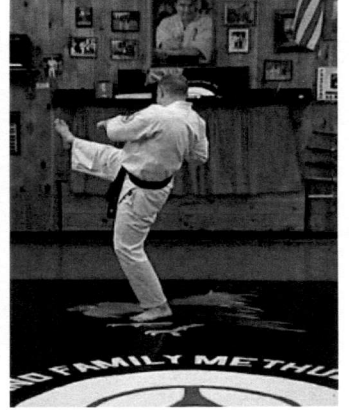
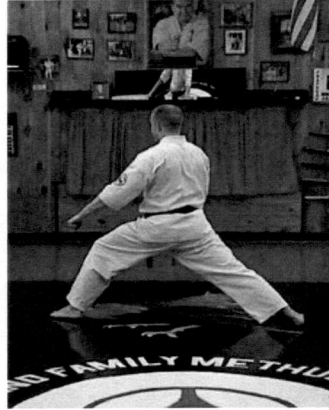
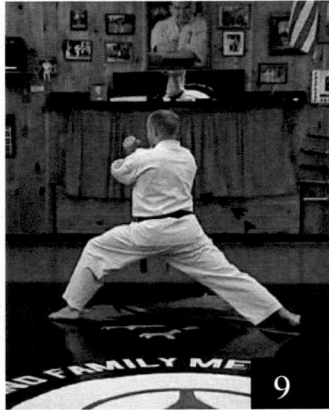
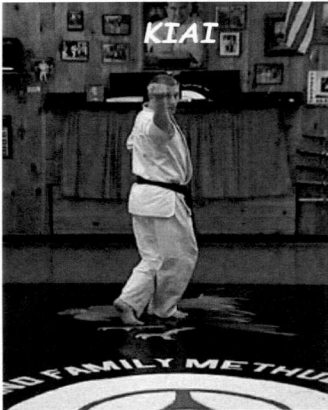
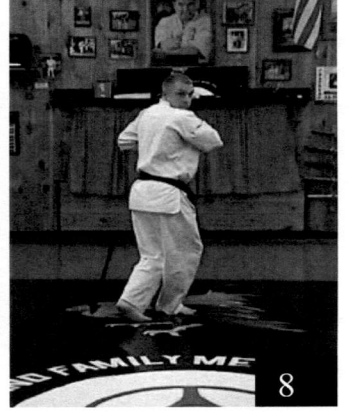
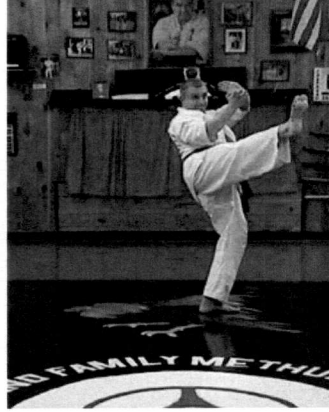
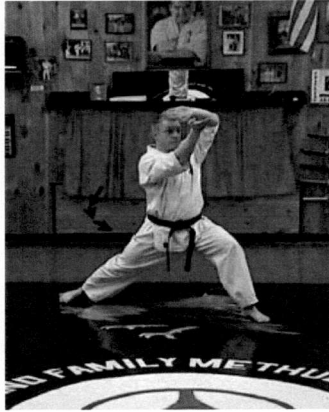
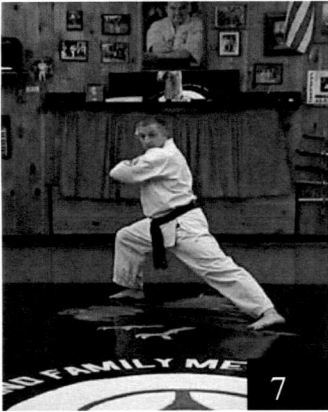
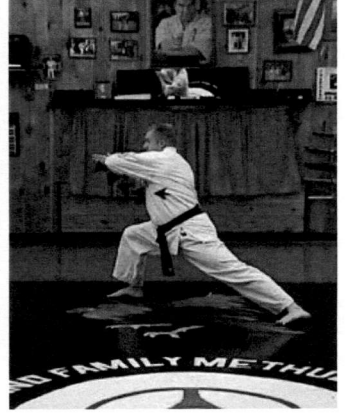
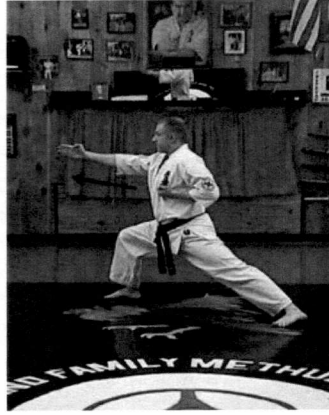
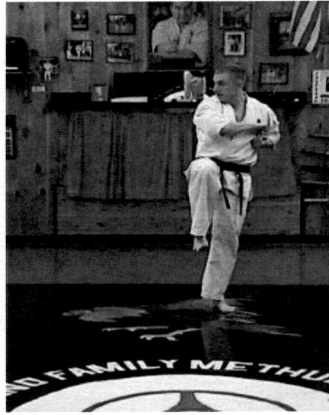
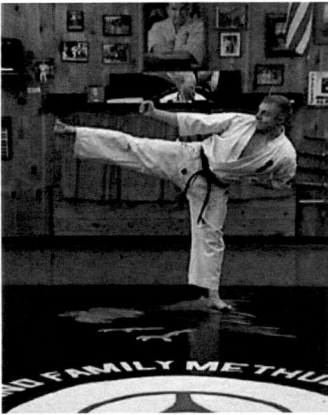


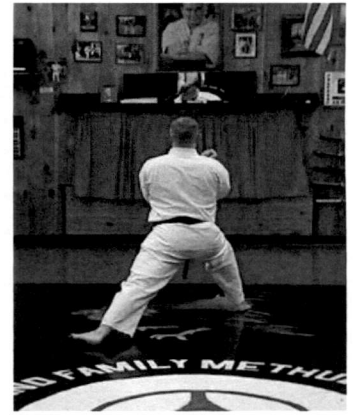
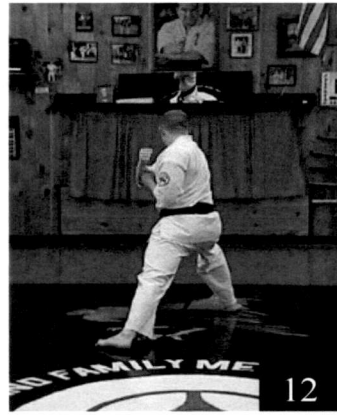
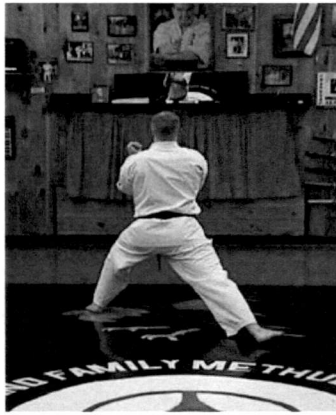
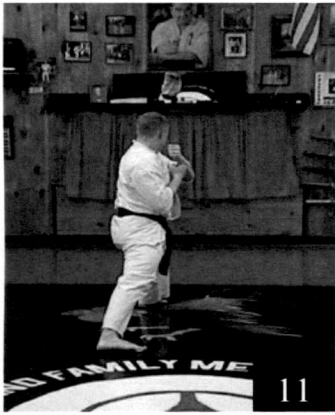
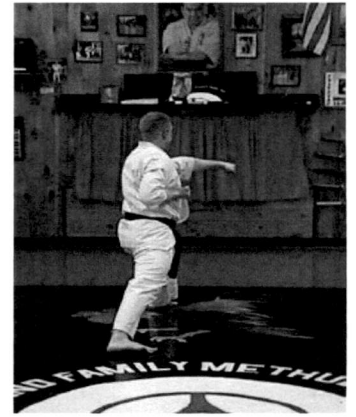
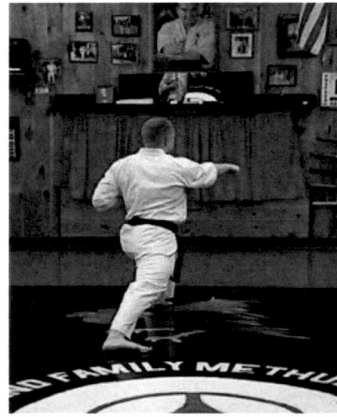
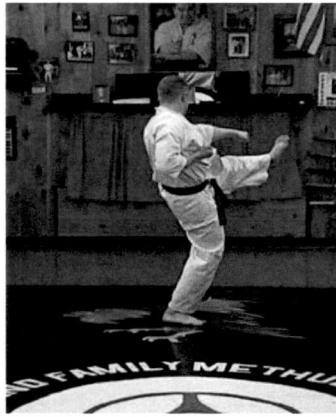
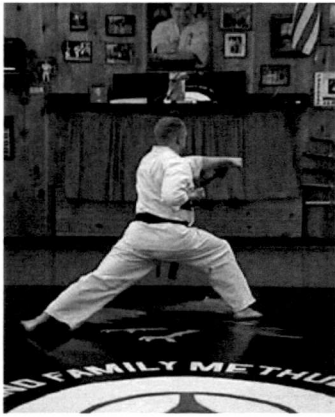
Mas Oyama and Sensei Dan Duffy



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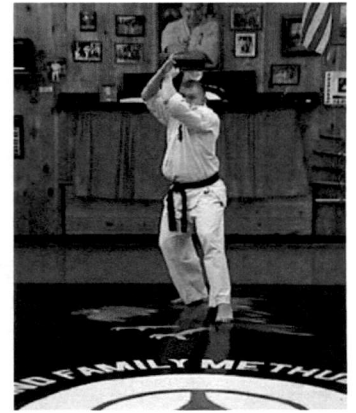
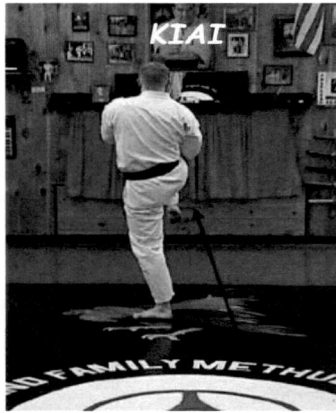
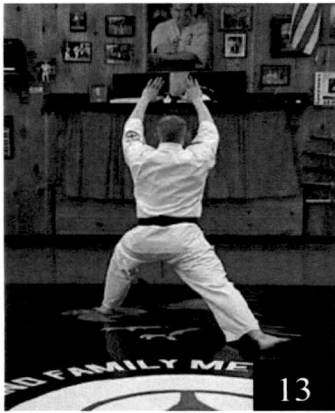






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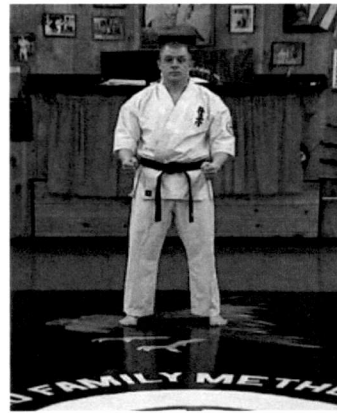
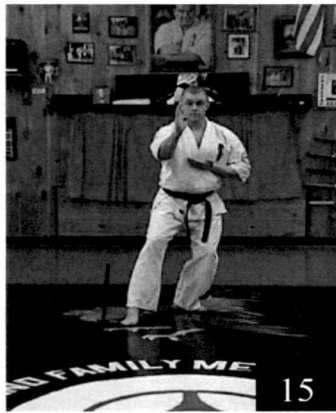
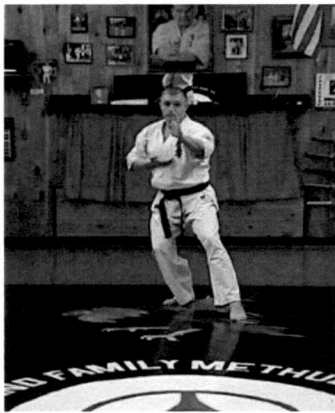
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