

## Pinan San

- 1) Begin in Mokuso [meditation position], Mokuso Yame [come out of Mokuso into Yoi Dachi (YD)]. Hajime (begin), look to your left, step back and begin block, turn hips into left KKD as you block Chudan Uchi Uke with your left hand. Step up into Musubi Dachi and punch straight and low with your right hand, keeping your left hand in the block position. Stay in Musubi Dachi and perform two sets of double blocks (gedan barai & uchi uke).
- 2) Look over your right shoulder step back and begin block, turn hips into right KKD as you block Chudan Uchi Uke with your right hand. Step up into Musubi Dachi and punch straight and low with your left hand, keeping your right hand in the block position. Stay in Musubi Dachi and perform two sets of double blocks.
- 3) Look over your left shoulder, step 90 degrees to your left as you chamber hands for supported block. Turn hips to 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 finger strike (Nukite).
- 5) Turn your hips to the left into a low Kiba dachi (horse stance) as you bring your left hand up to block/protect your face. (Squat low) Keeping your back straight, reach out with your right hand to ankle height. *Motion should simulate grabbing an ankle.* Step behind with your left leg in a counter clockwise motion turning your body, as you pull up with your right hand, simulating a grab and pulling of opponent's leg into the air. Finish in a Kiba Dachi with a left hammerfist shoulder height.
- 6) Pivot to your left (counterclockwise) into a (transitional) stance. Step through to a right ZD and punch. **KIAI!**
- 7) Look over your left shoulder; turn your body 180 degrees in a counterclockwise rotation as your left foot slides around and into Musubi Dachi. Place your hands on your obi clenched in fists.
- 8) Keeping your hands in this position, perform Chudan Mae Geri 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, with your knee close to the ground. The right foot is facing straight forward and the knee is bent 90 degrees. Rotate your hips in a CC rotation into a Kiba Dachi. Perform a block with the right shoulder, followed by a straight backfist with the right hand.
- 9) Rotate 90 degrees clockwise back to the (transitional) stance. Perform Chudan Mae Geri 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, with your 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 Kiba Dachi. Perform a block with the left shoulder, followed by a straight backfist with the left hand.
- 10) Rotate 90 degrees counter clockwise back to the (transitional) stance. Perform Chudan Mae Geri 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, with your 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 Kiba Dachi. Perform a block with the right shoulder, followed by a straight backfist 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 to Musubi Dachi with bent knees. Keep your right hand chambered and left hand out in punch. Step out with right foot into Kiba Dachi.
  - 13) Look over your shoulder, step behind with your left foot into hook stance. Rotate your hips 180 degrees counter clockwise and into Kiba Dachi. As you turn, your right arm performs an elbow strike at shoulder height while your left hand goes to chamber.
  - 14) Look to your right and jump in the air directly to your right, landing in kiba dachi and perform an elbow strike with the left arm at shoulder height and chamber the right hand.
- KIAI!**