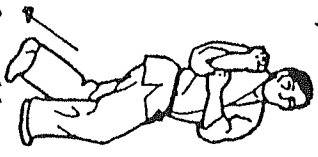
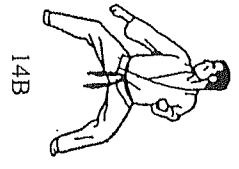


& 14

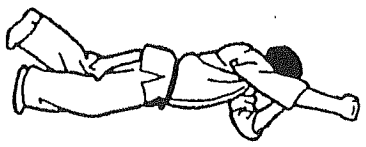
count
ICHI



& 16
count
SHI



14B



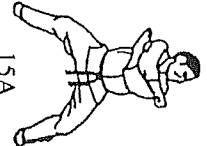
17



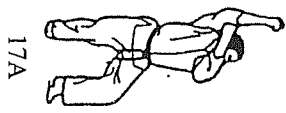
15



& 17
count
GO



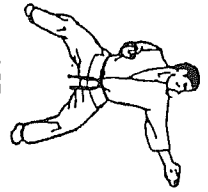
& 15A



17A



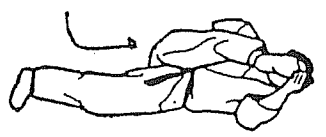
15
count
NI



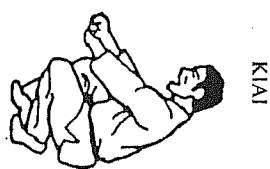
15B



18



16

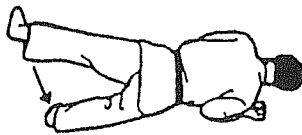


KIAI

& 18
count
ROKU



& 16A



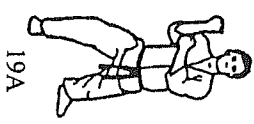
19

count
SHICHI

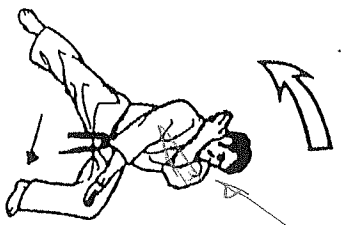


16

count
SAN

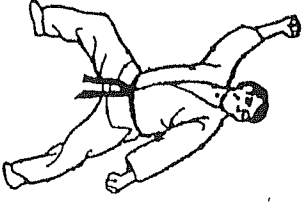


19A



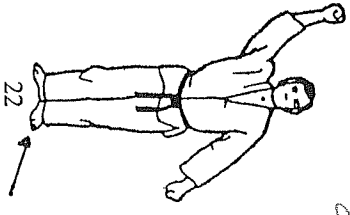
20

count
HACHI

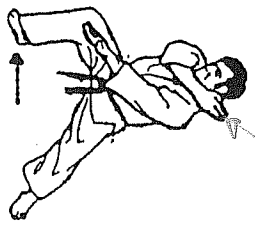


21

count
KU

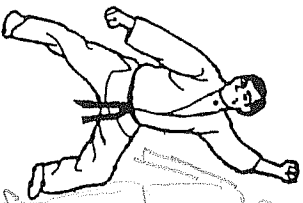


22



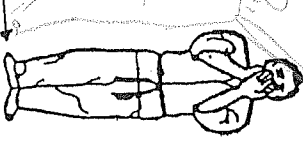
23

count
JU



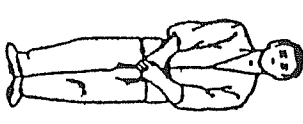
24

MAORE



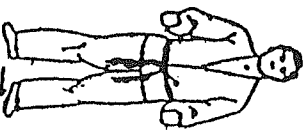
25

MAORE



25

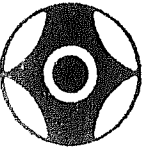
YASUME



26

END

*TAJERIAN
ACROSS
OPPOSITE
CHEST*



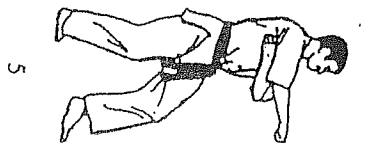
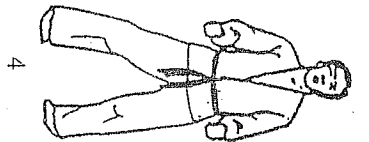
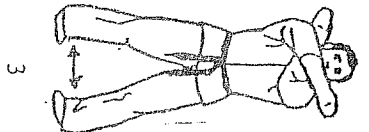
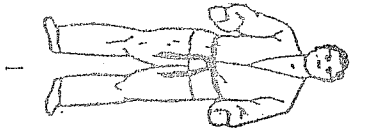
Pinan Go

START

'MOKUSO' 'PINAN GO'

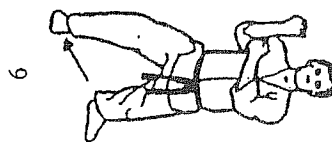
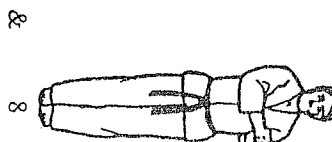
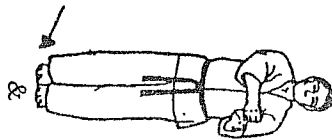
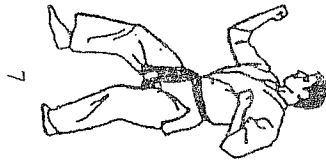
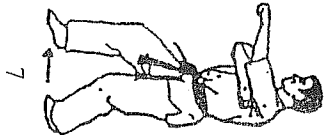
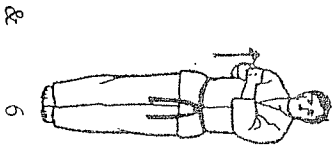
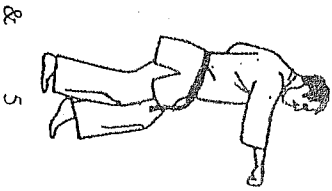
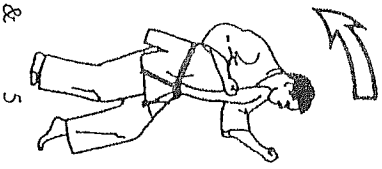
'YOI' (open eyes)

IBUKI



count
ICHI

count
ICHI



& 5

& 5
count
NI

6 &

6
count
SAN

7 &

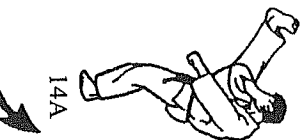
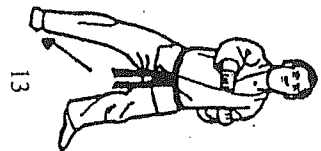
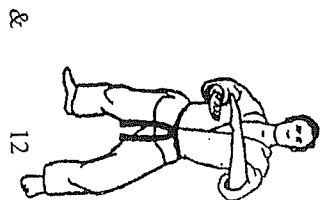
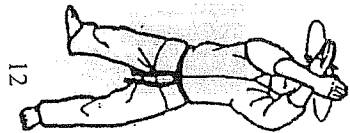
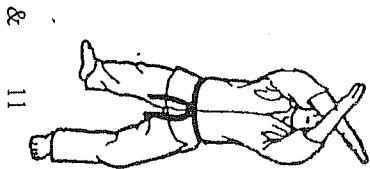
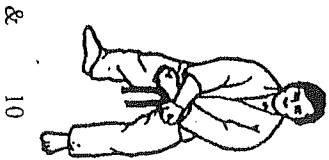
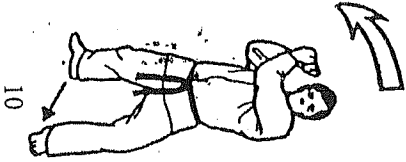
7 &

8
count
SHI

&

& 8
count
GO

9
count
ROKU



count
SHICHI

11 &
count
HACHI

12
count
KU

13
count
JU

14A

Next page

- 17) Strike up, (medium speed) seiken jodan morote age tsuki simultaneously turn anti-clockwise 180°.
- 18) Jump forward, turning in the air anti-clockwise 90°, landing in a low stance, block seiken gedan juji uke. (left fist under). Kiai.
- 19) Pivot on left leg clockwise 90° into right zenkutsu dachi, block right morote chudan uchi uke.
- 20) Pivot on the right leg anti-clockwise 225° into left zenkutsu dachi, right gedan shotei position (to the groin-area) ^{180°} palm up, left hand executing gannen cover. (palm-in, at the ear). ~~FOREARM ACROSS OPPOSITE CHEST~~ ^{180°} FOREARM ACROSS OPPOSITE CHEST
- 21) Clench right fist, pull upward and behind head (arm should be almost straight) pivoting into kiba dachi.
- 22) Keeping arms in the same position step back on the right leg into musubi dachi. ^{180°} REVERSE TURN
- 23) Turn clockwise 45° into right zenkutsu dachi, place hand in left gedan shotei position (to the groin-area) palm up, ~~right hand executing gannen cover (palm-in, at the ear).~~ ^{180°} FOREARM ACROSS OPPOSITE CHEST
- 24) Clench left fist, pull upward and behind head (arm should be almost straight), pivoting into kiba dachi. ~~MAKURE~~ ^{180°} STEP INTO MUSUBI DACHI. ~~LET ARM DOWN~~ ^{180°} RIGHT ARM UP
- 26) Yasume – Step into fudo dachi. END

PINAN GO

- 1) *Fudo dachi*
- 2) *“Mokusō,”*
- 3) *“Pinan go, (eyes open) yoi”*
- 4) *Uchi hachi ji dachi, Ibuki.*
- 5) *Pivot on the right leg anti-clockwise 90° into left kokutsu dachi, block left seiken chudan uchi uke, strike seiken chudan gyaku tsuki.*
- 6) *Pivot on the right leg clockwise 90° into musubi dachi, right fist to ready to strike position, left fist resting on top of right fist.*
- 7) *Pivot on the left leg clockwise 90° into right kokutsu dachi, block right seiken chudan uchi uke, strike seiken chudan gyaku tsuki.*
- 8) *Pivot on the left leg anti-clockwise 90° into musubi dachi, left fist to ready to strike position, right fist resting on top.*
- 9) *Step forward into right zenkutsu dachi, block right seiken chudan morote uchi uke.*
- 10) *Step forward into left zenkutsu dachi, block seiken gedan juji uke.*
- 11) *Pull both arms back to the chest, block up shuto jodan juji uke.*
- 12) *Rolling the wrist, return the open right hand back to the right side, left palm one fist distance above the right palm.*
- 13) *Step forward into right zenkutsu dachi, strike right seiken chudan oi tsuki.*
- 14) *Pivot on the left leg anti-clockwise 180° swing right leg in a circular movement 180°, execute right kansetsu geri, strike right gedan tetsui, kiai.*
- 15) *Turn head 180°, right fist executes seiken jodan cover, left arm starts under right armpit, slowly to a count of six, strike left jodan haishu uchi, right fist returns to right side.*
- 16) *Kick left palm with right teisoku soto mawashi geri, step forward with right leg into kiba dachi, strike open left hand with right jodan hiji ate, step through with the left leg into kake dachi, and block morote chudan uchi uke.*