

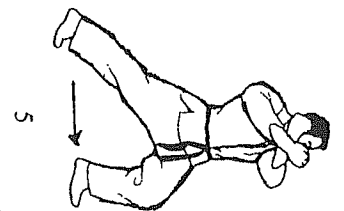
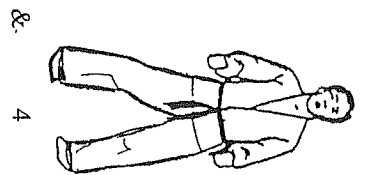
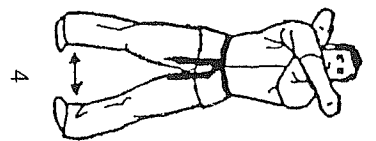
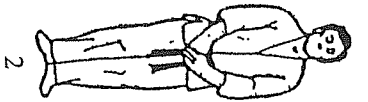
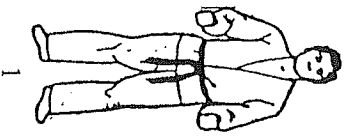
# Pinan Ichi

START

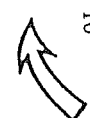
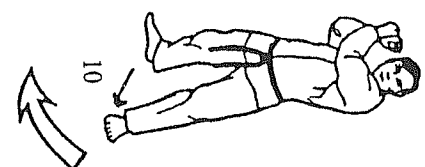
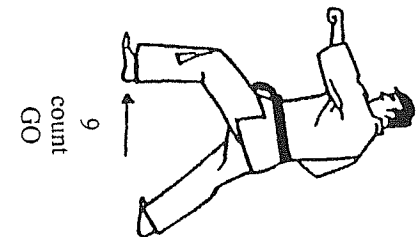
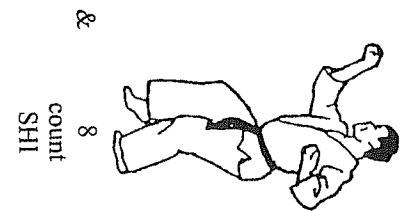
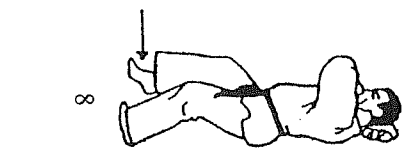
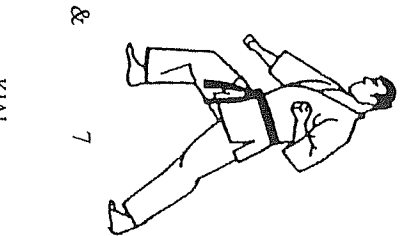
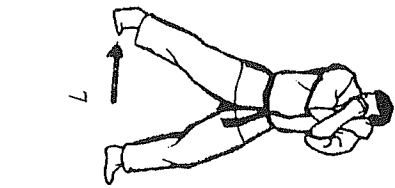
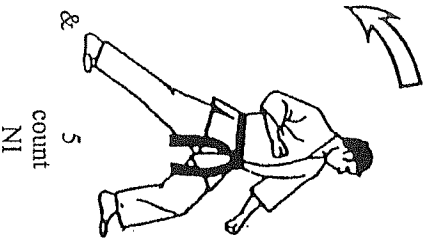
'MOKUSO' 'PINAN ICHI'

'YOI'  
(open eyes)

IBUKI



count  
ICHI



count  
NI

count  
SAN

count  
SI

&

count  
ICHI

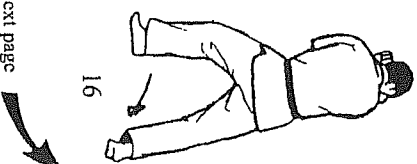
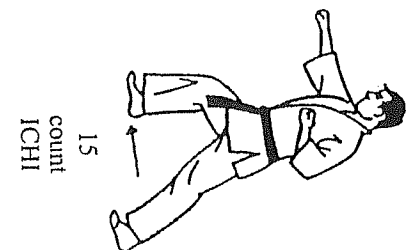
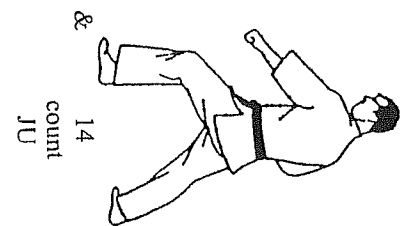
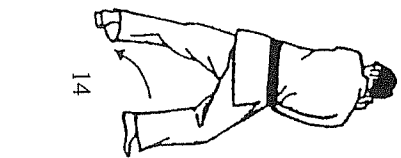
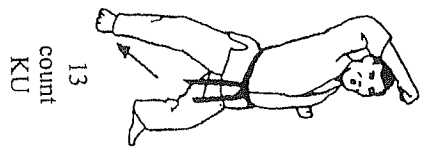
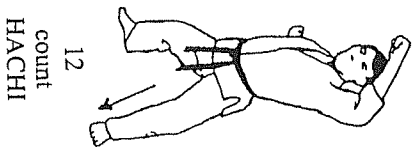
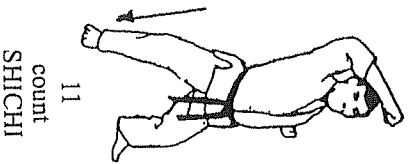
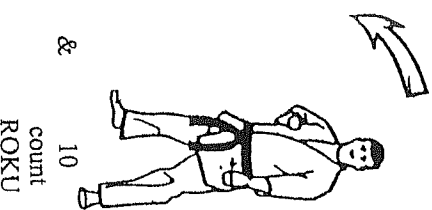
count  
NI

&

count  
SHI

count  
GO

count  
ICHI



count  
ROKU

count  
SHICHI

count  
HACHI

count  
KU

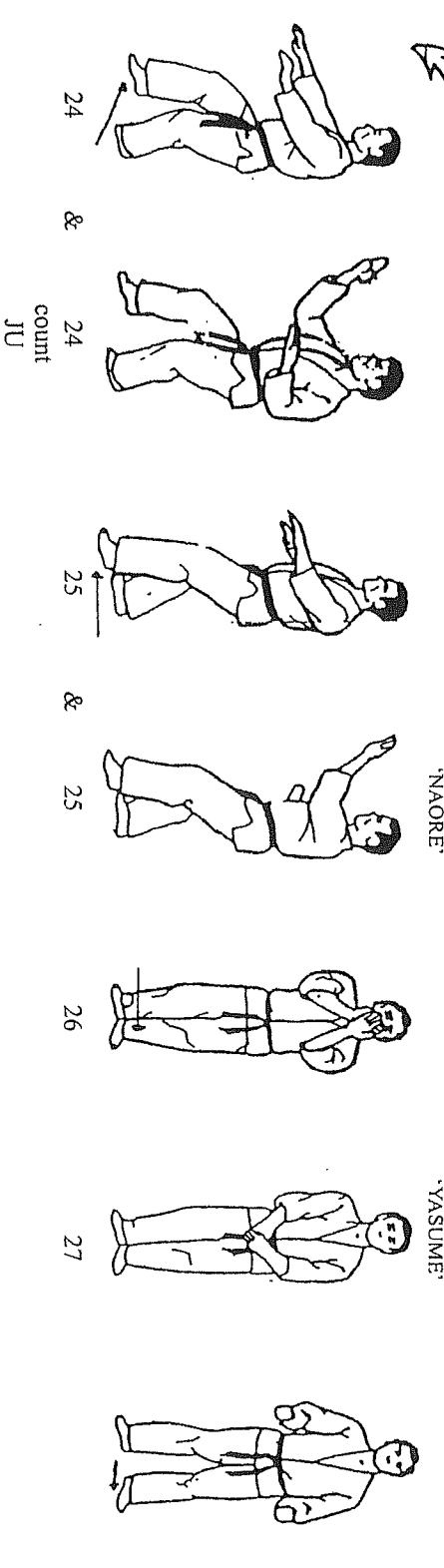
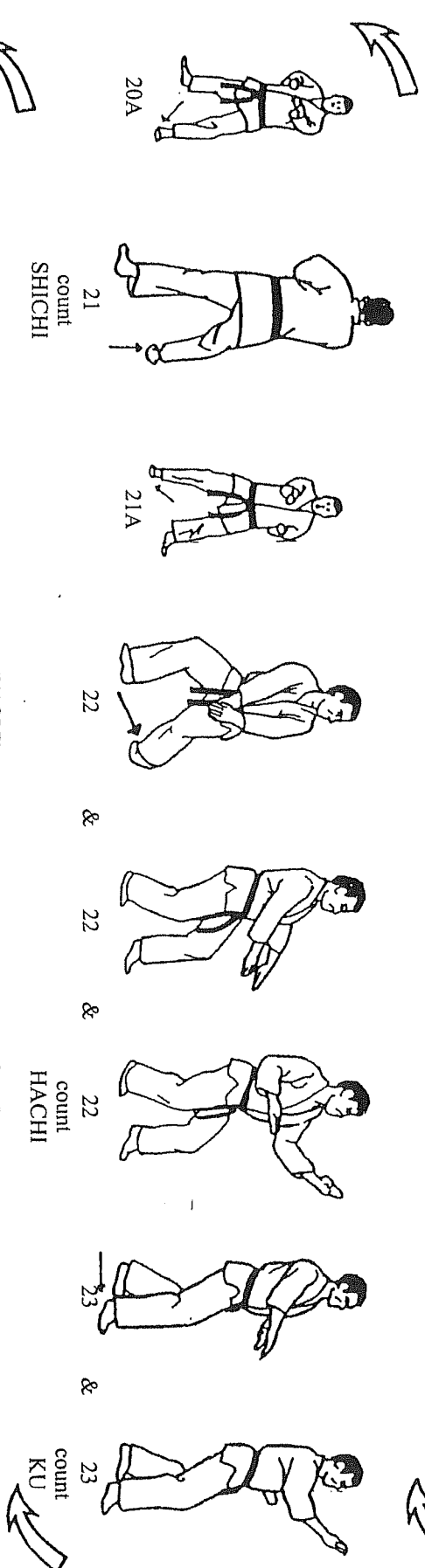
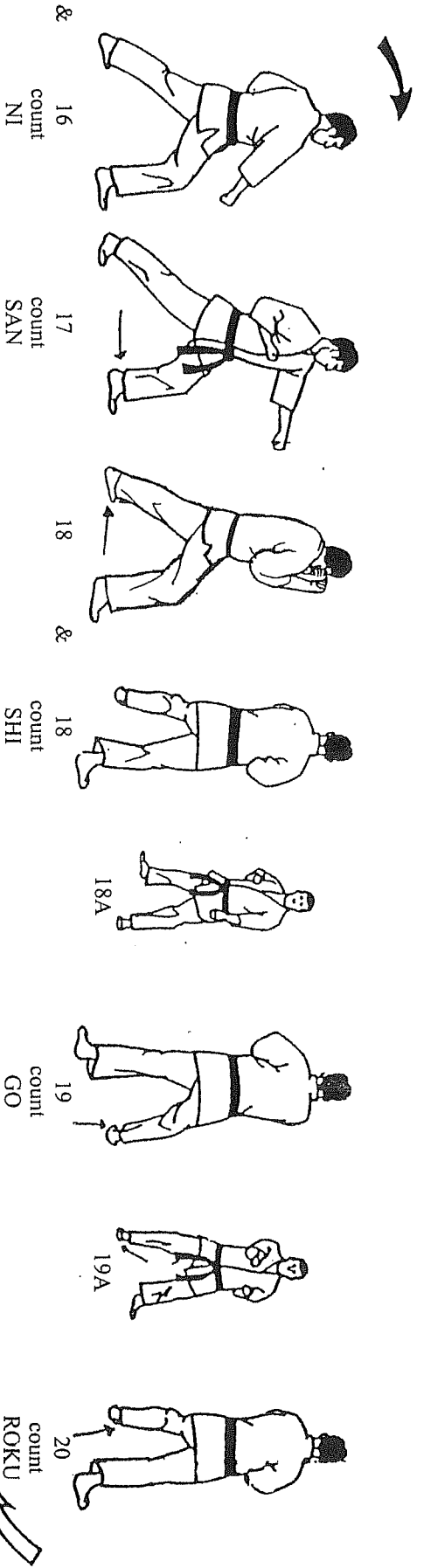
count  
ICHI

count  
JU

count  
ICHI

count  
ICHI

KIAI



END

# PINAN ICHI

- 1) *Fudo dachi*
- 2) "Mokuso,"
- 3) "Pinan ichi, (eyes open) yoi"
- 4) *Uchi hachi ji dachi, ibuki.*
- 5) *Pivot on the right leg anti-clockwise 90° into left zenkutsu dachi, block left seiken gedan barai.*
- 6) *Step forward into right zenkutsu dachi, strike right seiken chudan oi tsuki.*
- 7) *Pivot on the left leg clockwise 180° into right zenkutsu dachi, block, and right seiken gedan barai.*
- 8) *Draw right leg back into neko ashi dachi (keeping hips same height), strike right tetsui komekami.*
- 9) *Place right heel down, step forward into left zenkutsu dachi, strike left seiken chudan oi tsuki.*
- 10) *Pivot on the right leg anti-clockwise 90° into left zenkutsu dachi, block left seiken gedan barai.*
- 11) *Step forward into right zenkutsu dachi, block right seiken jodan uke.*
- 12) *Step forward into left zenkutsu dachi, block left seiken jodan uke.*
- 13) *Step forward into right zenkutsu dachi, block right seiken jodan uke, kiai.*
- 14) *Pivot on the right leg anti-clockwise 90° into left zenkutsu dachi, block left seiken gedan barai.*
- 15) *Step forward into right zenkutsu dachi, strike seiken chudan oi tsuki.*
- 16) *Pivot on the left leg clockwise 180° into right zenkutsu dachi, block right seiken gedan barai.*
- 17) *Step forward into left zenkutsu dachi, strike left seiken chudan oi tsuki.*
- 18) *Pivot on the right leg anti-clockwise 90° into left zenkutsu dachi, block left seiken gedan barai.*
- 19) *Step forward into right zenkutsu dachi, strike right seiken chudan oi tsuki.*
- 20) *Step forward into left zenkutsu dachi, strike left seiken chudan oi tsuki.*
- 21) *Step forward into right zenkutsu dachi, strike right seiken chudan oi tsuki, kiai.*
- 22) *Pivot on the right leg anti-clockwise 90° into left kokutsu dachi, block left shuto mawashi uke.*
- 23) *Step forward 45° into right kokutsu dachi, block right shuto mawashi uke*
- 24) *Pivot on the left leg anti-clockwise 135° into right kokutsu dachi, block right shuto mawashi uke.*
- 25) *Step forward 45° into left kokutsu dachi, block left shuto, mawashi uke.*
- 26) *Naore - Step back into musubi dachi.*
- 27) *Yasume – Fudo dachi.      END*