



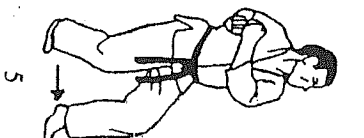
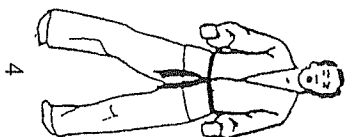
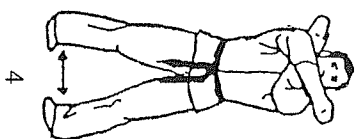
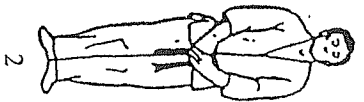
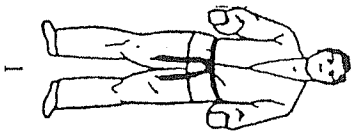
Pinan ni

START

'MOKUSO' 'PINAN NI'

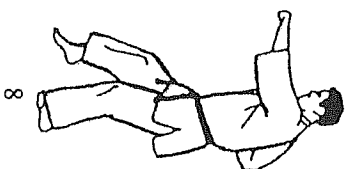
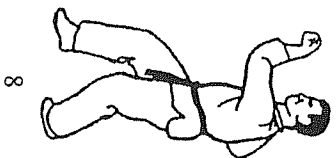
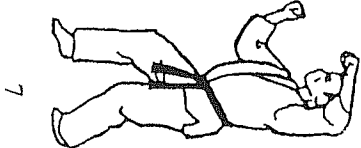
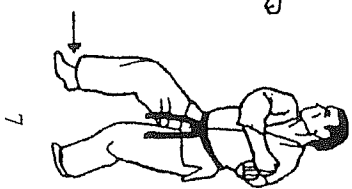
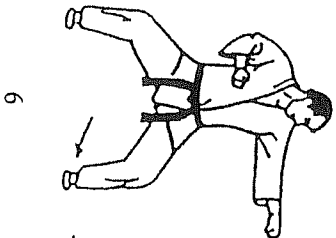
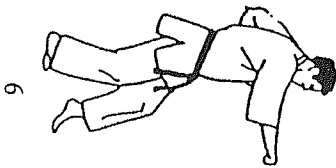
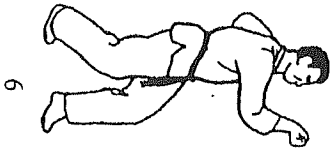
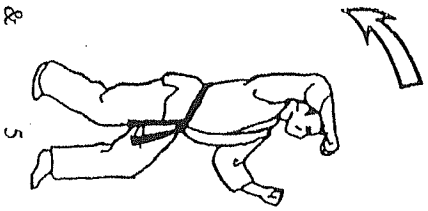
'YOI'
(open eyes)

IBUKI



count
ICHI

5

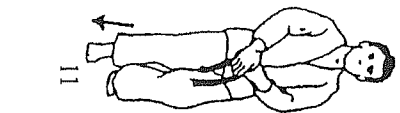
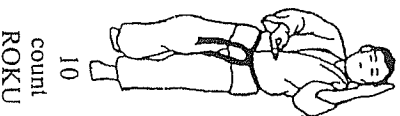
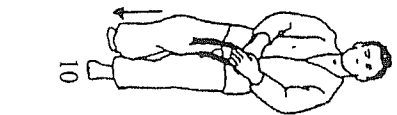
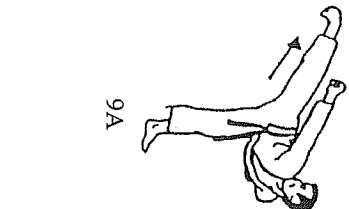
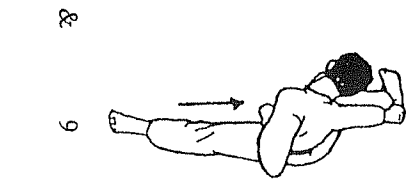
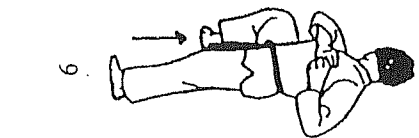
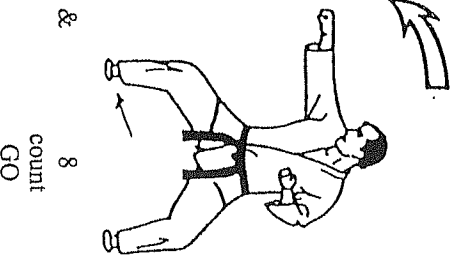


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count
SAN

count
SHI

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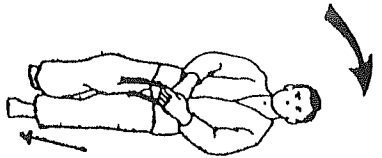


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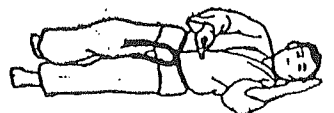
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count
SHICHI

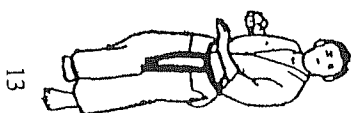
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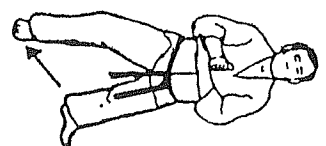
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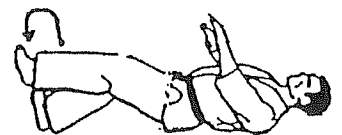
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&



13
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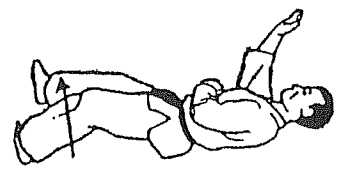
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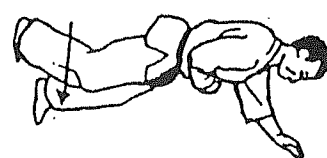
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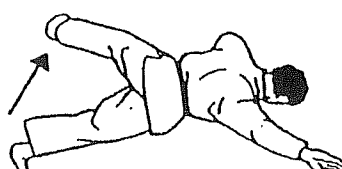
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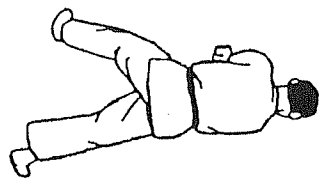
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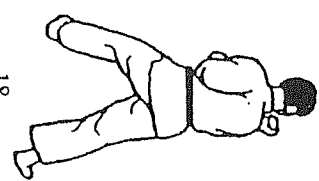
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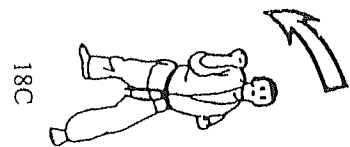
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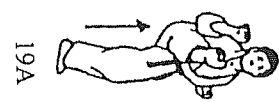
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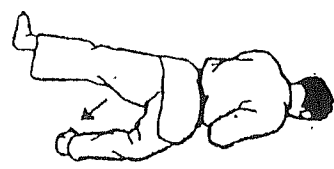
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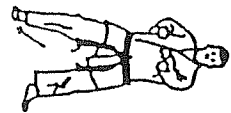
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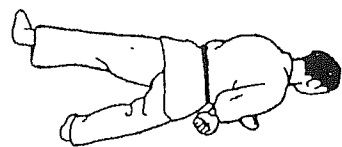
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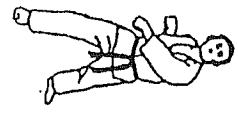
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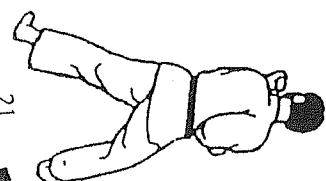
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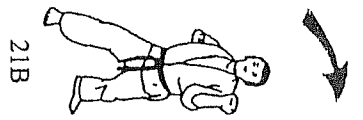
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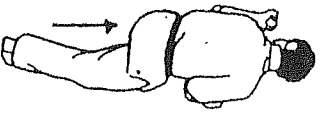
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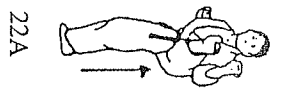
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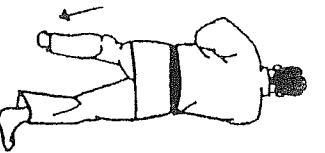
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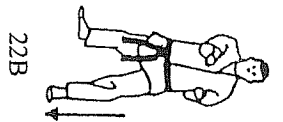
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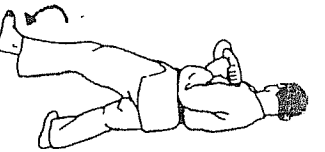
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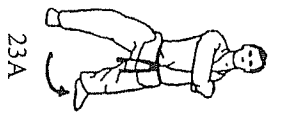
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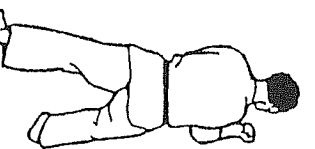
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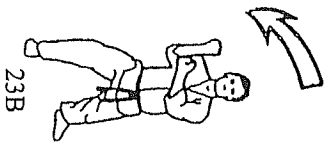
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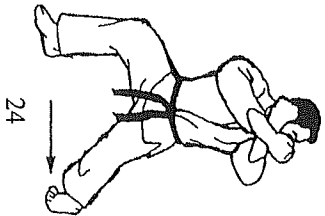
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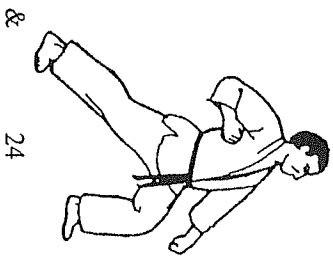
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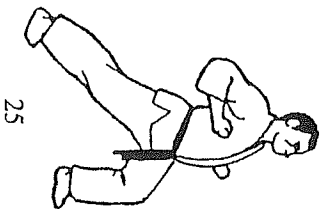
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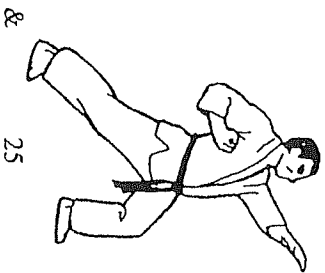
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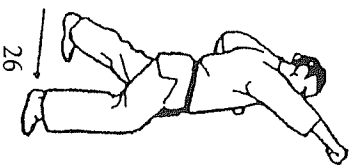
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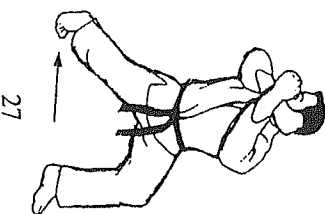
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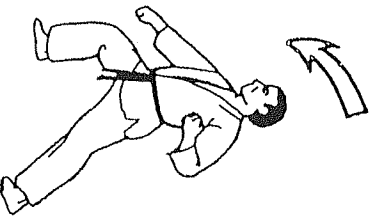
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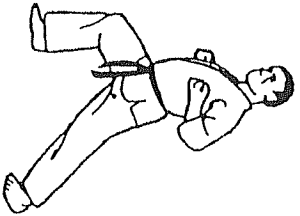
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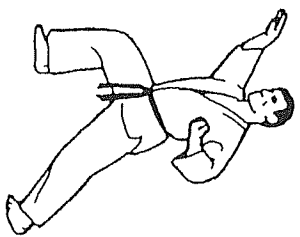
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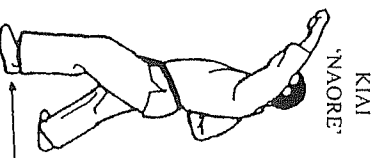
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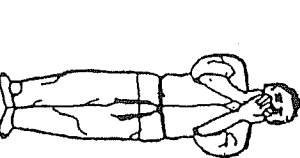


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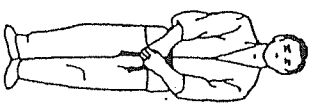


29

KIAI
"NAORE"

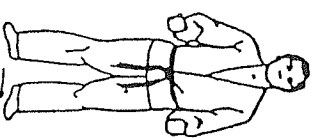


30



31

"YASUME"



END

PINAN NI

- 1) *Fudo dachi*
- 2) “*Mokusō,*”
- 3) “*Pinan ni, (eyes open) yoi*”
- 4) *Uchi hachi ji dachi, ibuki*
- 5) *Pivot on the right leg anti-clockwise 90° into left kokutsu dachi. As the left leg moves across, the right fist is pulled back to the right side to ready-to-strike position, the left fist is placed on top of the right fist, at the same time as the turn, the right arm comes across the front of the chest then rises up into a jodan uke position (wrist flat), the left arm comes across into a chudan uchi uke position.*
- 6) *Still in kokutsu dachi, strike right tetsui komekami, twisting the hip toward the target. Staying in the stance, pull the left fist back to the side, right fist executes gannen cover, slide forward with the left leg into kiba dachi, and strike left jun tsuki.*
- 7) *Pivot on the left leg clockwise 180° into right kokutsu dachi. As the right leg moves across, the left fist is pulled back to the left side to ready-to-strike position, the right fist is placed on top of the left fist, at the same time as the turn, the left arm comes across the front of the chest then rises up into jodan uke position (wrist flat), the right arm comes across into a chudan uchi uke position.*
- 8) *Still in kokutsu dachi, strike left tetsui komekami, twist the hips toward the target, staying in the stance, pull the right fist back to the side, left fist executes gannen cover, slide forward with the right leg into kiba dachi, strike right jun tsuki.*
- 9) *Turn clockwise 90° into tsuru ashi dachi, kick right jodan sokuto yoko geri/block right uraken yoko uke, return foot to tsuru ashi dachi, take right foot down to left foot.*
- 10) *Turn 180° anti-clockwise into left kokutsu dachi, block left shuto mawashi uke.*
- 11) *Step forward into right kokutsu dachi, block right shuto mawashi uke.*
- 12) *Step forward into left kokutsu dachi, block left shuto mawashi uke.*

- 13) *Step forward right zenkutsu dachi, block left chudan osai uke, strike right chudan yohon nukite, (the left hand is open palm down under right elbow).*
- 14) *Pivot on the right leg anti-clockwise 90° into left kokutsu dachi, block left shuto mawashi uke.*
- 15) *Step forward 45° into right kokutsu dachi, block right shuto mawashi uke.*
- 16) *Pivot on the left leg clockwise 135° into right kokutsu dachi, block right shuto mawashi uke.*
- 17) *Step forward 45° into left kokutsu dachi, block left shuto mawashi uke.*
- 18) *Slide left leg across 45° into left zenkutsu dachi at the same time taking left arm across head and raise right arm 45° behind the shoulder, bending forward at a 45° and block right gedan haite uke (quickly) clenching fist as the arm comes under the armpit and block chudan uchi uke.*
- 19) *Kick right chusoku mae geri.*
- 20) *Step into right zenkutsu dachi, strike seiken chudan gyaku tsuki.*
- 21) *Block left seiken chudan uchi uke, with a large scooping action (slowly).*
- 22) *Kick left chusoku mae geri step into left zenkutsu dachi, strike seiken chudan gyaku tsuki.*
- 23) *Step forward into right zenkutsu dachi, block right seiken chudan morote uchi uke, left fist on the centre of the forearm (palm up).*
- 24) *Pivot on the right leg anti-clockwise 90° into left zenkutsu dachi, block left seiken gedan barai.*
- 25) *Strike left jodan yohon nukite at 45° to the right.*
- 26) *Step forward 45° into right zenkutsu dachi, strike right kote uchi.*
- 27) *Pivot on the left leg clockwise 135° into right zenkutsu dachi, block right seiken gedan barai.*
- 28) *Strike right jodan yohon nukite at 45° to the left.*
- 29) *Step forward 45° into left zenkutsu, strike left kote uchi. Kiai.*
- 30) *Naore - Step back into musubi dachi.*
- 31) *Yasume – Step into judo dachi. END*