

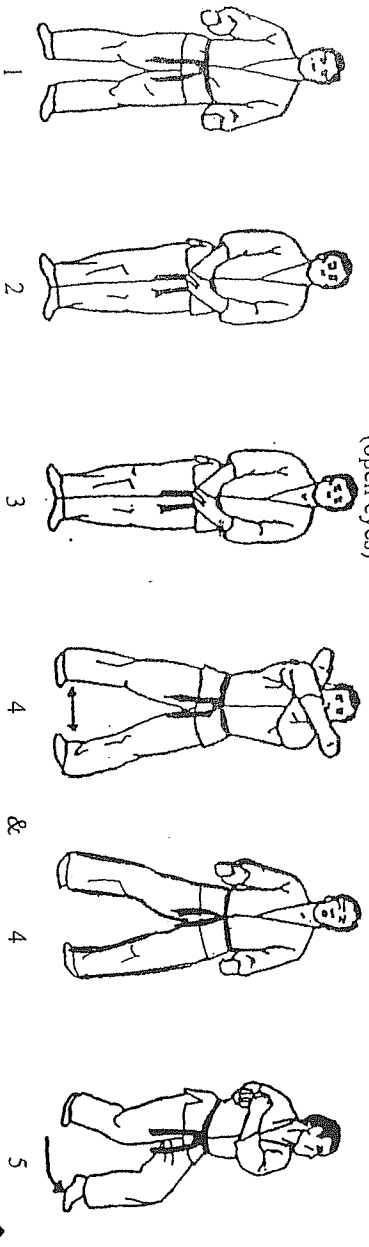
Pinan Yon

START

'MOKUSO', 'PINAN YON'

'YOI'
(open eyes)

IBUKI



count
ICHI

1

2

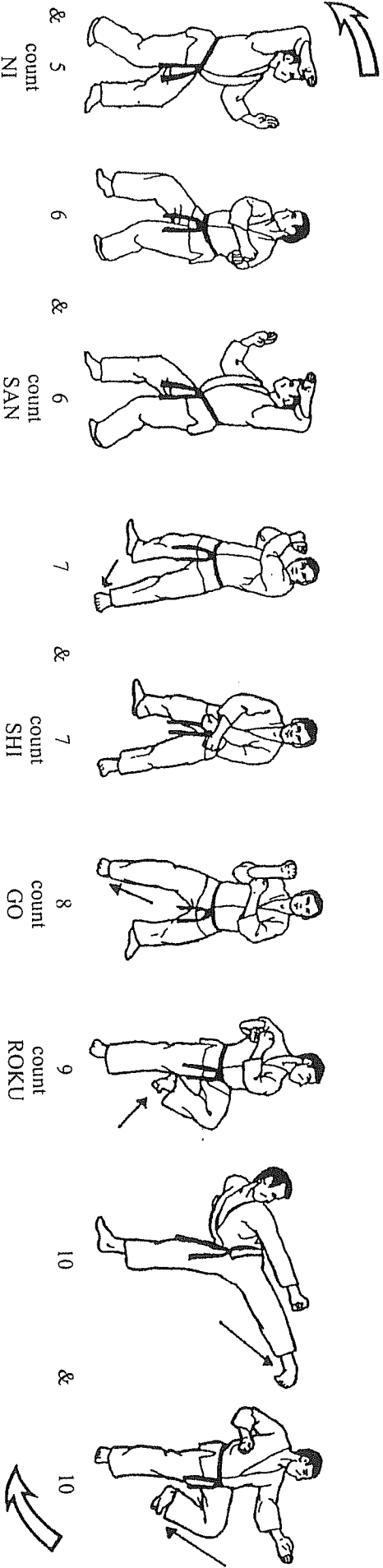
3

4

&

4

5



count
NI

count
SAN

count
SHI

count
GO

count
ROKU

count
ICHI

&

5

6

&

6

7

&

7

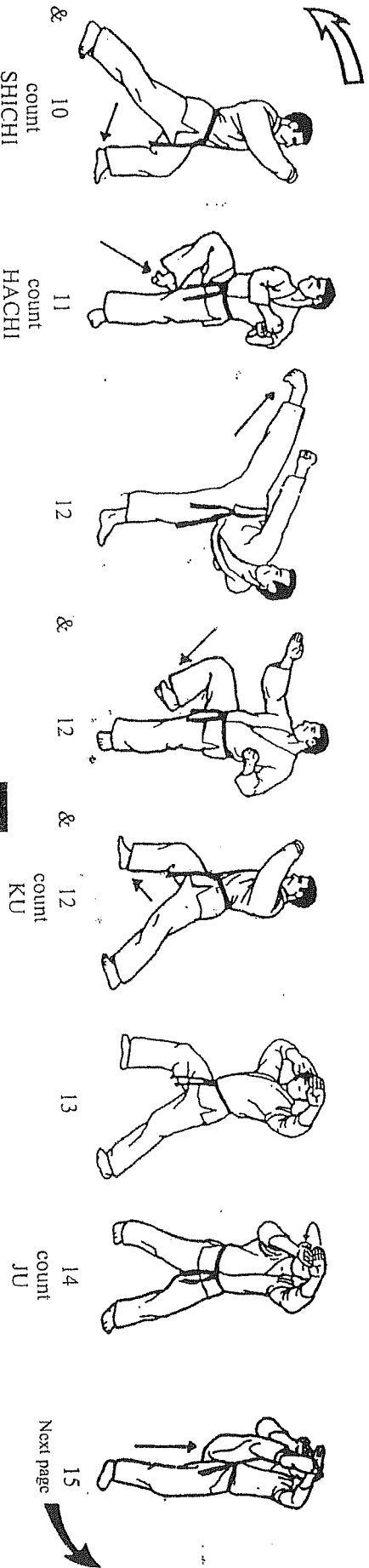
8

9

10

&

10



count
SHICHI

count
HACHI

12

&

12

&

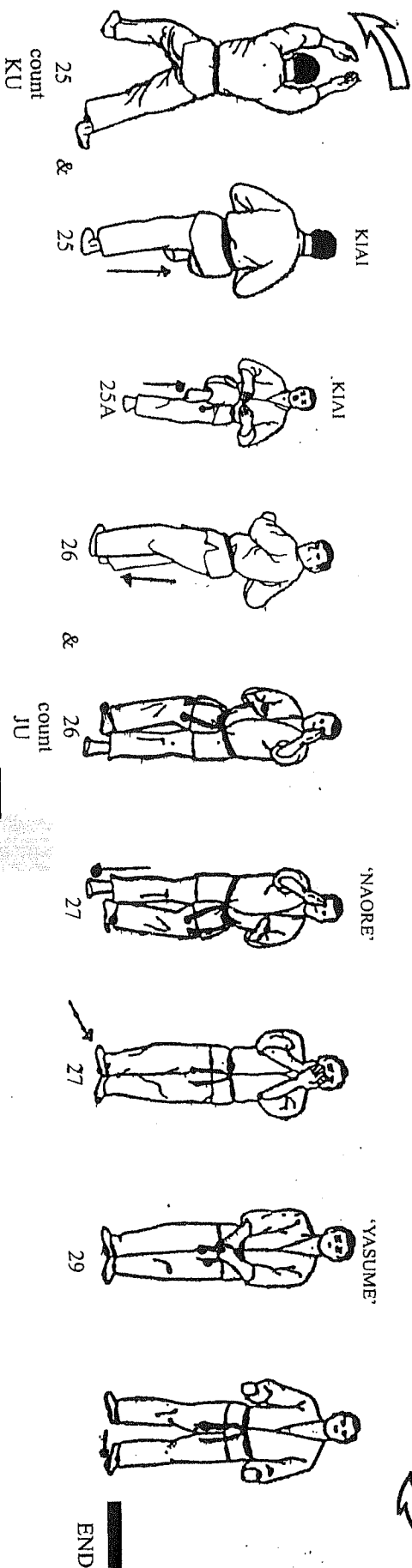
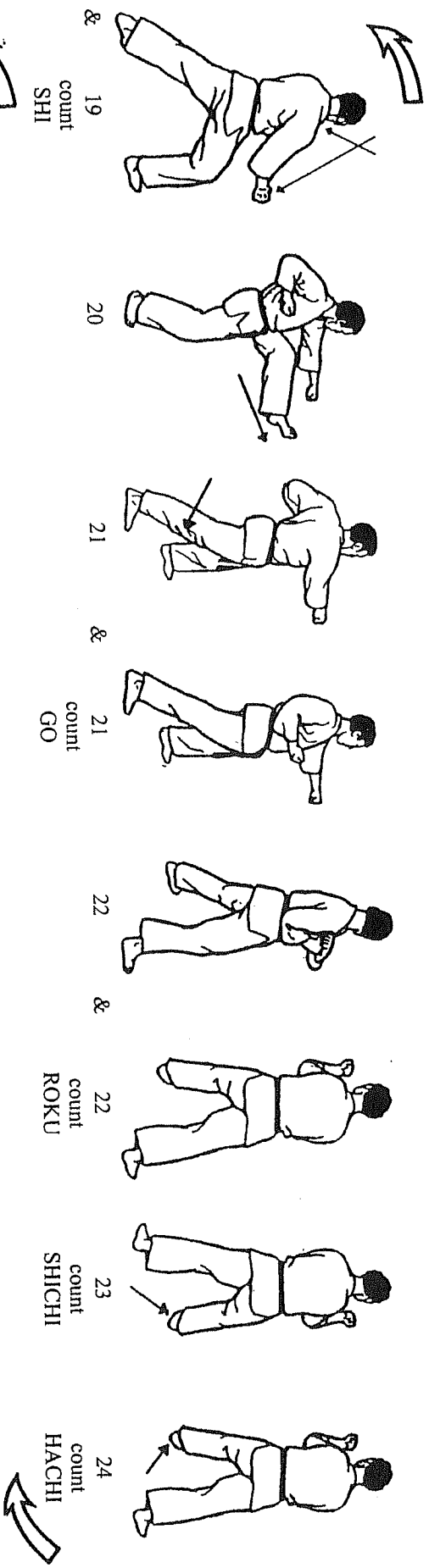
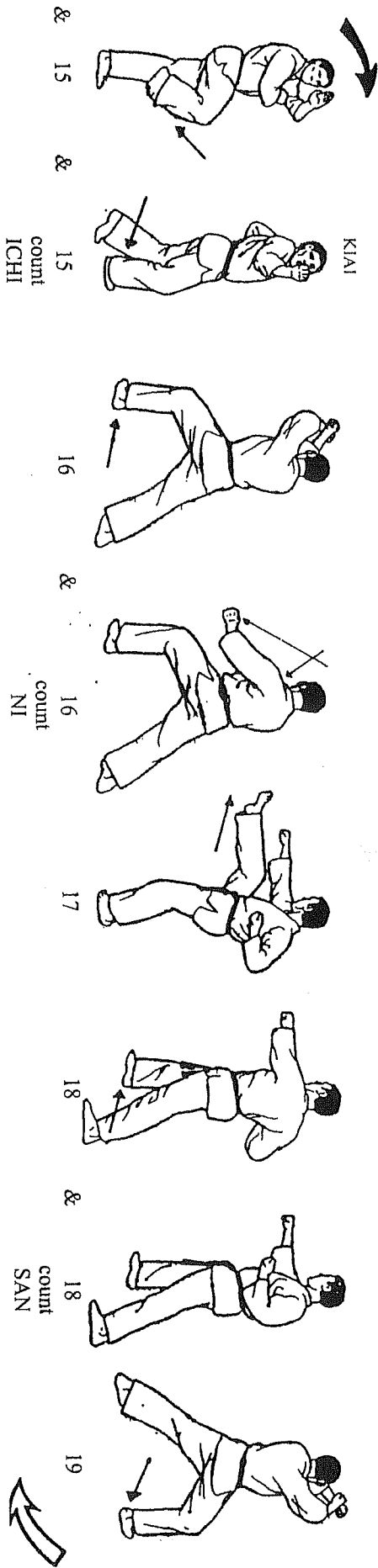
12

13

count
JU

15

Next page



'NAORE'

'YASUME'

- 15) In the same direction kick right chusoku mae geri. Return leg to bent knee position, jump in the same direction, landing on the right leg and follow through with the left into kake dachi, strike right uraken yoko uchi "kiai", left fist pulled back to the side.
- 16) Pivot on the right leg anti-clockwise 225° into left zenkutsu dachi at the same time both fists come to opposite ears, arms crossed and slowly move to the side, uncrossed.
- 17) Kick right chusoku mae geri.
- 18) Step forward into zenkutsu dachi. Strike seiken chudan gyaku tsuki, seiken chudan oi tsuki.
- 19) Pivot on the left leg clockwise 90° into right zenkutsu dachi, slowly block morote gedan barai.
- 20) Kick left chusoku jodan mae geri.
- 21) Step forward into left zenkutsu dachi, strike left seiken chudan gyaku tsuki right chudan oi tsuki.
- 22) Turn anti-clockwise 45° into left zenkutsu dachi; block left seiken chudan morote uchi uke.
- 23) Step forward into right zenkutsu dachi, block right seiken chudan morote uchi uke.
- 24) Step forward into left zenkutsu dachi; block left seiken chudan morote uchi uke.
- 25) Reach up with a semi-circular and grab opponents head, pull down, kick right jodan hiza gammen geri, kiai.
- 26) Place right foot next to left foot, pivot on the right leg anti-clockwise 180° into left kokutsu dachi, block left shuto mawashi uke.
- 27) Step forward into right kokutsu dachi block right shuto mawashi uke.
- 28) Naore – Step into musubi dachi.
- 29) Yasume – Step into judo dachi. END

THrust straight out, arms down

PINAN YON

- 1) *Fudo dachi*
- 2) *"Mokuso,"*
- 3) *"Pinan yon, (eyes open) yoi"*
- 4) *Uchi hachi ji dachi, ibuki*
- 5) *Pivot on right leg anti-clockwise 90° into left kokutsu dachi. Whilst pivoting, the right fist is pulled back to the right side into ready-to-strike position; the left fist is placed on the top of right fist. At the same time as the turn, the right arm comes across the front of the chest then rises up into shuto jodan uke position. The left arm comes to shuto chudan uchi uke position.*
- 6) *Take the right leg behind the left leg; pivot on the left leg clockwise 180° into right kokutsu dachi. As the right leg moves across the left fist is pulled back to ready-to-strike position. The right fist is placed on the top of left fist. At the same time as the turn, the left arm comes across the front of the chest then rises up into shuto jodan uke position. The right arm comes to shuto chudan uchi uke position.*
- 7) *Pivot on the right leg anti-clockwise 90° into left zenkutsu dachi, block seiken gedan juji uke.*
- 8) *Step forward into right zenkutsu dachi. Block right seiken chudan morote uchi uke.*
- 9) *Step forward; lift left leg into tsuru ashi dachi.*
- 10) *Kick left sokuto yoko geri/block left iraken yoko uke. Return left leg to tsuru ashi dachi left leaving left arm extended, open left fist, turn anti-clockwise 90° into left zenkutsu dachi, and strike right jodan hiji ate into open left palm.*
- 11) *Pivot on the left leg clockwise 90° lift right leg into tsuru ashi dachi. Left fist back to side, right fist on top of left fist.*
- 12) *Kick right sokuto yoko geri/block right iraken yoko uke. Return leg to tsuru ashi dachi leaving arm extended open right fist, turn clockwise 90° into right zenkutsu dachi. Strike left jodan hiji ate into open right palm.*
- 13) *Turn head to front executing left shuto jodan uke (to front), right arm to starting position for shuto gammen uchi.*
- 14) *Turn anti-clockwise 135° into left zenkutsu dachi, leaving left arm in same position, and strike right shuto gammen uchi (to the front).*