

# PINAN GODAN

1. **(Count: Pinan Godan, Yoi)** Begin the **Kata** in **Kiyostuke** stance facing North (arbitrary North for reference). Bow to the front then announce the name of the **Kata**. Bring your open hands in front of your Solar Plexus, with your right hand in the left, forming an inverted V with your forearms. Then rotate this position downwards so that your hands are in front of your groin, with the fingers pointed down. Move your left foot out, then your right foot out to adopt the proper width of a **Shizentai** stance, still facing North. Close your hands into fists as you pull back, cross your arms in a guard in front of you and pull both arms back as if you are chambering two punches, and simultaneously breathe in deeply and fully. Then breathe out as you place your closed fists in a lower guard position in front of you.
2. **(Count: 1)** Look West as you chamber your left hand in your right armpit, with your right arm across your body, pointing to your left. At the same time, bend your knees and shift your weight to your right foot. Then pivot on the balls of your feet into left **Neko Ashi Dachi** facing West, completing left **Yoko Uke**. Continue the sequence by turning your hips in to square off the **Neko Ashi Dachi** (without moving your feet) as you perform right **Chudan Gyaku Tsuki** towards the West.
3. **(Count: 2)** Slide your left foot towards the West to make up the difference between the length of **Neko Ashi Dachi** and **Zenkutsu Dachi**, then pull your right foot along and turn your body into a **Shizentai** stance facing North. At the same time, bring your right fist back to your right hip as if chambering a punch, and place your left arm across your body with your left fist palm down in a guard position.
4. **(Count: 3)** Look East as you chamber your right hand in your left armpit, with your left arm across your body, pointing to your right. At the same time, bend your knees and shift your weight to your left foot. Then pivot on the balls of your feet into right **Neko Ashi Dachi** facing East, completing right **Yoko Uke**. Continue the sequence by turning your hips in to square off the **Neko Ashi Dachi** (without moving your feet) as you perform left **Chudan Gyaku Tsuki** towards the East.
5. **(Count: 4)** Slide your right foot towards the East to make up the difference between the length of **Neko Ashi Dachi** and **Zenkutsu Dachi**, then pull your left foot along and turn your body into a **Shizentai** stance facing North. At the same time, bring your left fist back to your left hip as if chambering a punch, and place your right arm across your body with your right fist palm down in a guard position.
6. **(Count: 5)** Step forward (North) with your right foot into right **Neko Ashi Dachi** facing North as you allow both hands to fall back and point behind you

on your left side. Perform right **Morote Uke** (your right hand performs **Yoko Uke**, while your left hand follows the right elbow around, finishing with the left fist palm up and the small knuckles of the left fist lightly touching the right elbow). Complete the block at the same instant that you set the stance.

7. **(Count: 6)** Slide your right foot forward (North) to make up the difference between the length of **Neko Ashi Dachi** and **Zenkutsu Dachi**, then step forward with your left foot as you chamber both hands back on your hips as if preparing to punch. Complete the step forward into left **Zenkutsu Dachi** facing North and perform **Gedan Juji Uke** (right arm over left, both fists palm down). Continue the sequence (without moving your feet) by chambering both hands back on your hips as if preparing to punch, and perform **Jodan Juji Uke** (right arm over left, hands open in **Shuto** formation, the two hands forming a “V”).
8. **(Count: 7)** Roll your right hand in and down to perform a **grabbing** technique from the **Jodan Juji Uke** position, then close your left hand into a fist as you roll the left wrist around the right wrist. Pull up your right foot and turn into a **Shizentai** stance (body facing East, head and technique still to the North) as you perform a horizontal left **Tetsui Uchi**, to the North, focused at shoulder height. At the same time, pull your right hand back as if pulling your opponent into the technique, finishing it as a full reaction hand.
9. **(Count: 8)** Turn and step North with your right foot into right **Zenkutsu Dachi** facing North and perform right **Chudan Tsuki**. **Kiai** on this technique.
10. **(Count: 9)** Look South as you turn to your left with your right foot into a **Shiko Dachi** (body facing East, head and technique to the South). At the same time, chamber your right hand on your left shoulder, while pointing your left hand towards the South. As you set the **Shiko Dachi**, perform right **Harai Uke** towards the South. Continue the sequence by looking North as you chamber your left hand on your right shoulder and point your right arm to the North. Pull your right foot up and turn into a skewed **Shizentai** facing North (left foot ahead by half the length of your foot) as you perform a horizontal left **Tetsui Uchi**, to the North, focused at shoulder height and width.
11. **(Count: 10)** Let your hands maintain their position as you perform right **Chudan Mae Geri Kekomi**, then pull the leg back into chambering position and step forward into right **Zenkutsu Dachi** facing North. As you set the **Zenkutsu Dachi**, perform right **Chudan Empi Uchi**.
12. **(Count: 1)** Pull your left leg forward into **Kosa Ashi Dachi** facing North as you allow both hands to fall back and point behind you on your left side. Perform right **Morote Uke** (your right hand performs **Yoko Uke**, while your left hand follows the right elbow around, finishing with the left fist palm up and the small knuckles of the left fist lightly touching the right elbow). Complete the block at the same instant that you set the stance.

13. **(Count: 2)** Step South with your left foot the length of a **Zenkutsu Dachi** and pull your right foot along into **Shizentai** stance (body facing West, head and technique to the North). As you set the stance, punch straight upwards with your right hand, and place your open left hand, palm out, in your armpit. This is meant to be a release move from an opponent grabbing your wrist while protecting yourself from an attack to the pressure points under your arm.
14. **(Count: 3)** Chamber both hands back on your hips as if preparing to punch as you jump up and turn to your left (turn in mid air, not before jumping), landing in a right **Kosa Ashi Dachi** facing South East. As you land, perform **Gedan Juji Uke** (right arm over left, both fists palm down). Continue the sequence by stepping forward with your right foot into right **Zenkutsu Dachi** facing South East as you allow both hands to fall back and point behind you on your left side. Perform right **Morote Uke** (your right hand performs **Yoko Uke**, while your left hand follows the right elbow around, finishing with the left fist palm up and the small knuckles of the left fist lightly touching the right elbow). Complete the block at the same instant that you set the **Zenkutsu Dachi**.
15. **(Count: 4)** Look to the North West as you turn with your left foot into left **Kokutsu Dachi** facing North West. As you turn, leave your left arm across your body from the previous move, and chamber your right hand in your left armpit. Then perform a wide **Kuro Tora** (simultaneous right **Yoko Uke** at ear height as a guard to the South East and left **Harai Uke** to the North West) as you set left **Kokutsu Dachi**.
16. **(Count: 5)** Look to the North East as you pull your left foot halfway towards your right foot, and chamber your right hand on your left shoulder while pointing your left arm to the North East. Turn and step to the North East with your right foot and perform a wide **Kuro Tora** (simultaneous left **Yoko Uke** at ear height as a guard to the South West and right **Harai Uke** to the North East) as you set right **Kokutsu Dachi**. **Kiai** on this technique.
17. **(Count:Up)** Keep looking North East as you pull your right foot back into a **Shizentai** stance (body facing North). As you pull back, cross your arms in a guard in front of you and pull both arms back as if you are chambering two punches. Hold this position for a count of three **(Count:1,2,3)**. This symbolizes that you are verifying that the last attacker is no longer a threat. Turn your head sharply to the front (North), keeping your hands in the same position. Hold this position for a count of three **(Count:1,2,3)**. This symbolizes that you are verifying that no other attackers are threatening you from any other direction. Lower your hands into a lower guard position in front of you. Move your right foot in, then your left foot in, then open your hands and bring them in front of your Solar Plexus, with your right hand in the left, forming an inverted V with your forearms. Then rotate this position downwards so that your hands are in front of your groin, with the fingers

pointed down. Bring your hands to your side to adopt ***Kiyostuke*** stance.  
Finish with a bow.