

PINAN NIDAN

1. **(Count: Pinan Nidan, 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 on your right shoulder, with your right arm 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 *Tetsui Uchi Uke*, descending in a diagonal arc from right to left, ending at shoulder height and left shoulder width.
3. **(Count: 2)** Slide your left foot forward (West) to make up the difference between the length of *Neko Ashi Dachi* and *Zenkutsu Dachi*, then step forward with your right foot into right *Zenkutsu Dachi* facing West, while performing right *Chudan Tsuki*.
4. **(Count: 3)** Chamber your right hand on your left shoulder as you turn to your right with your right foot. As you turn, look towards the East and point your left arm Eastward. End in a right *Zenkutsu Dachi*, facing East, with a right *Harai Uke*. Continue the sequence by chambering your right hand on your left shoulder with your left hand pointing East as you pull back the right foot into a skewed *Shizentai* stance (right foot ahead by half the length of your foot) still facing East. As you do this, complete a right *Tetsui Uchi Uke*, descending in a diagonal arc from left to right, ending at shoulder height and right shoulder width. The block should be completed at the same instant that the stance is set.
5. **(Count: 4)** Step forward with your left foot into left *Zenkutsu Dachi*, facing East. At the same time, perform left *Chudan Tsuki*.
6. **(Count: 5)** Look to the North as you pull back your left foot and chamber your left hand on your right shoulder with your right hand pointing North. Complete the turn into left *Zenkutsu Dachi* facing North, performing left *Harai Uke* with the turn.

7. **(Count: 6)** Step forward into right **Zenkutsu Dachi** facing North and perform right **Jodan Uke**.
8. **(Count: 7)** Step forward into left **Zenkutsu Dachi** facing North and perform left **Jodan Uke**.
9. **(Count: 8)** Step forward into right **Zenkutsu Dachi** facing North and perform right **Jodan Uke**.
10. **(Count: 9)** Take a quick glance over your right shoulder, and then turn to your left with your left foot towards the South East, turning your head to look towards that direction as you are turning. At the same time, chamber your left hand on your right shoulder, while pointing your right hand towards the South East. Complete the turn into left **Zenkutsu Dachi** facing South East while completing left **Harai Uke**. Be wary of the proper width of the **Zenkutsu Dachi** at that angle.
11. **(Count: 10)** Step forward into right **Zenkutsu Dachi** facing South East while performing right **Chudan Tsuki**.
12. **(Count: 1)** Turn to your right with your right foot towards the South West, looking towards that direction as you are turning. At the same time, chamber your right hand on your left shoulder, while pointing your left hand towards the South West. Complete the turn into right **Zenkutsu Dachi** facing South West while completing right **Harai Uke**. Be wary of the proper width of the **Zenkutsu Dachi** at that angle.
13. **(Count: 2)** Step forward into left **Zenkutsu Dachi** facing South West while performing left **Chudan Tsuki**.
14. **(Count: 3)** Turn to your left with your left foot towards the South, looking towards that direction as you are turning. At the same time, chamber your left hand on your right shoulder, while pointing your right hand towards the South. Complete the turn into left **Zenkutsu Dachi** facing South while completing left **Harai Uke**.
15. **(Count: 4)** Step forward into right **Zenkutsu Dachi** facing South while performing right **Chudan Tsuki**.
16. **(Count: 5)** Step forward into left **Zenkutsu Dachi** facing South while performing left **Chudan Tsuki**.
17. **(Count: 6)** Step forward into right **Zenkutsu Dachi** facing South while performing right **Chudan Tsuki**. **Kiai** on this technique.
18. **(Count: 7)** Turn to the left with your left foot, looking to the North West as you are turning. At the same time, chamber your left hand to your right

shoulder and point your right hand towards the North West, also as you are turning. Both hands should be in **Shuto** formation. Complete the turn to the North West into a side-facing **Shiko Dachi** (body is facing North East, head and technique are to the North West) and complete left **Gedan Shuto Uke**. Be wary that the **Gedan Shuto Uke** is wide enough to clear an attack past your body.

19. **(Count: 8)** Step with your right foot over and across the front of your left foot (brush your right toes across the floor in front of your left foot and raise your right heel to pass the heel over your left toes). Keep looking to the North West as you perform this step, simultaneously chambering your right hand to your left shoulder and pointing your left hand towards the North West. Both hands should be in **Shuto** formation. Complete the step to the North West and pivot into a side-facing **Shiko Dachi** (body is facing South West, head and technique are to the North West). Complete right **Gedan Shuto Uke**. Be wary that the **Gedan Shuto Uke** is wide enough to clear an attack past your body.
20. **(Count: 9)** Turn to the right with your right foot, looking to the North East as you are turning. At the same time, chamber your right hand to your left shoulder and point your left hand towards the North East, also as you are turning. Both hands should be in **Shuto** formation. Complete the turn to the North East into a side-facing **Shiko Dachi** (body is facing North West, head and technique are to the North East) and complete right **Gedan Shuto Uke**. Be wary that the **Gedan Shuto Uke** is wide enough to clear an attack past your body.
21. **(Count: 10)** Step with your left foot over and across the front of your right foot (brush your left toes across the floor in front of your right foot and raise your left heel to pass the heel over your right toes).. Keep looking to the North East as you perform this step, simultaneously chambering your left hand to your right shoulder and pointing your right hand towards the North East. Both hands should be in **Shuto** formation. Complete the step to the North East and pivot into a side-facing **Shiko Dachi** (body is facing South East, head and technique are to the North East). Complete left **Gedan Shuto Uke**. Be wary that the **Gedan Shuto Uke** is wide enough to clear an attack past your body. **Kiai** on this technique.
22. **(Count:Up)** Keep looking North East as you pull your left 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.