

PINAN SANDAN

1. **(Count: Pinan Sandan, 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*.
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 perform *Kuro Tora* (simultaneous right *Yoko Uke* and left *Harai Uke*) as you set *Musubi Dachi* stance facing West. (**Do not** “punch” down with the right hand in order to set up the right *Yoko Uke*). Continue the sequence in the same stance with a second *Kuro Tora* (simultaneous left *Yoko Uke* and right *Harai Uke*).
4. **(Count: 3)** Chamber your right hand in your left armpit and place your left arm across your body, pointing to your right as you turn to your right with your right foot. As you turn, look towards the East. End in a right *Neko Ashi Dachi*, facing East, with a right *Yoko Uke*.
5. **(Count: 4)** Slide your right foot forward (East) to make up the difference between the length of *Neko Ashi Dachi* and *Zenkutsu Dachi*, then perform *Kuro Tora* (simultaneous left *Yoko Uke* and right *Harai Uke*) as you set *Musubi Dachi* stance facing East. (**Do not** “punch” down with the left hand in order to set up the left *Yoko Uke*) Continue the sequence in the same stance with a second *Kuro Tora* (simultaneous right *Yoko Uke* and left *Harai Uke*).
6. **(Count: 5)** Look to the North as you pull back your left hand and chamber your left hand in your right armpit, with your right arm across your body, pointing to your left. Complete the turn into left *Neko Ashi Dachi* facing North, performing left *Yoko Uke* with the turn.

7. **(Count: 6)** Slide your left foot forward (North) 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 North. Perform right **Chudan Nukite**. **Kiai** on this technique.
8. **(Count: 7)** Move your left foot directly sideways to narrow your stance, and turn your body sideways to adopt right **Kokutsu Dachi** (still facing North). At the same time, perform right **Chudan Sukui Uke** (scooping downwards and towards the outside, finishing with your right palm facing East). Continue the sequence by turning to your left with your left foot and pivoting into **Shiko Dachi** (stance facing East, head and technique to the North, move your left foot in as straight a line as possible) while performing left **Tetsui Uchi** (technique travels horizontally and is focused at shoulder height and width).
9. **(Count: 8)** Step to the North with your right foot and turn into right **Zenkutsu Dachi** facing North while performing right **Chudan Tsuki**.
10. **(Count: 9)** Pull your left foot up and pivot to the left into **Musubi Dachi** facing South. As you turn, keep looking North just long enough to ensure that no further threat is present from that direction, then sharply turn your head and look South. At the same time, as you turn, cross your arms in an “X” formation towards the South as a guard. Complete the move by pulling both arms back, finishing with your knuckles touching your sides above your hips (palms facing back) and both elbows pointing directly sideways in preparation for the next blocking technique (**push your elbows forward** to align your arms and body).
11. **(Count: 10)** Step to the South with your right foot into **Shiko Dachi** (stance facing East, head and technique to the South) as you perform right **outside Ude Uke**, immediately followed by right **inside Ude Uke**. As you complete right **inside Ude Uke**, bring the right elbow completely around to chamber the right arm on the right hip, then perform right **Tsuki** to the South (focus the punch shoulder height and width). Return the right arm into the position needed to perform **Ude Uke** (the left arm should remain in that position throughout this sequence).
12. **(Count: 1)** With your left foot, step in front and over your right foot into **Shiko Dachi** (stance facing West, head and technique still to the South, move your left foot in as straight a line as possible) as you perform left **outside Ude Uke**, immediately followed by left **inside Ude Uke**. As you complete left **inside Ude Uke**, bring the left elbow completely around to chamber the left arm on the left hip, then perform left **Tsuki** to the South (focus the punch shoulder height and width). Return the left arm into the position needed to perform **Ude Uke** (the right arm should remain in that position throughout this sequence).

13. **(Count: 2)** With your right foot, step in front and over your left foot into **Shiko Dachi** (stance facing East, head and technique still to the South, move your right foot in as straight a line as possible) as you perform right **outside Ude Uke**, immediately followed by right **inside Ude Uke**. As you complete right **inside Ude Uke**, bring the right elbow completely around to chamber the right arm on the right hip, then perform right **Tsuki** to the South (focus the punch shoulder height and width). Hold the punch in this position. The left arm should remain in the position needed to perform Ude Uke throughout this sequence.
14. **(Count: 3)** Step to the South with your left foot and turn into left **Zenkutsu Dachi** facing South while allowing your left arm to drop back as you move forward to chamber your hand on your left hip. Complete the move with left **Chudan Tsuki**.
15. **(Count: 4)** Bring your right foot forward into **Shizentai** stance facing South, then immediately step behind your right foot with your left foot, and bend your knees to sink very low as you turn (do not bend over). Your left foot should travel towards the West the length of a **Shiko Dachi**, then your right foot pulls along as you pivot into a **Shizentai** stance (body facing North, head looking over the left shoulder to the South). Allow both arms to float in their last positions as you turn, then simultaneously perform left **Ushiro Empi Uchi** to the South and right **Ura Tsuki** upwards over your left shoulder as you set the **Shizentai** stance.
16. **(Count: 5)** Step to the East the length of a **Shiko Dachi** with your right foot and bend your knees to sink very low as you step (do not bend over). Allow both arms to float in their last positions as you perform this step. Complete the stance by pulling the left foot into a **Shizentai** stance (body facing North, head looking over the right shoulder to the South), and simultaneously perform right **Ushiro Empi Uchi** to the South and left **Ura Tsuki** upwards over your right shoulder as you set the **Shizentai** stance. **Kiai** on this technique.
17. **(Count:Up)** Keep looking South over your right shoulder as you step West the length of a **Shiko Dachi** with your left foot, and pull your right foot along 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.