

# PINAN SHODAN

1. **(Count: Pinan Shodan, 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 right fist on your right hip, and your left arm across the front of your body, with your left fist palm down, just over your right hand. 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, simultaneously completing left **Yoko Uke** towards the West, and right **Jodan Kamae** towards the North (Raise your right arm as if you were performing right **Jodan Uke** towards the North, but finish with your right forearm placed horizontally, with your right forearm protecting your right temple, palm outwards. Do not obstruct your line of sight to the North with your right fist).
3. **(Count: 2)** Without moving your feet, turn your hips in to square off the **Neko Ashi Dachi** as you perform right **Chudan Gyakuken Tsuki** towards the West (directly from the **Jodan Kamae** position). Simultaneously chamber your left hand on your right shoulder in preparation for the follow up technique. Continue the sequence by sliding 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 (body facing North, head and technique still to the West) while performing a horizontal left **Tetsui Uchi** to the West, focused at shoulder height and width. The right reaction hand must fully be pulled back to the right hip.
4. **(Count: 3)** Look East as you chamber your left fist on your left hip, and your right arm across the front of your body, with your right fist palm down, just over your left hand. 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, simultaneously completing right **Yoko Uke** towards the East, and left **Jodan Kamae** towards the North (Raise your left arm as if you were performing left **Jodan Uke** towards the North, but finish with your left forearm placed horizontally, with your left forearm protecting your left temple, palm outwards. Do not obstruct your line of sight to the North with your left fist).

5. **(Count: 4)** Without moving your feet, turn your hips in to square off the **Neko Ashi Dachi** as you perform left **Chudan Gyakuken Tsuki** towards the East (directly from the **Jodan Kamae** position). Simultaneously chamber your right hand on your left shoulder in preparation for the follow up technique. Continue the sequence by sliding 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 (body facing North, head and technique still to the East) while performing a horizontal right **Tetsui Uchi** to the East, focused at shoulder height and width. The left reaction hand must fully be pulled back to the right hip.
6. **(Count: 5)** 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 into right **Neko Ashi Dachi** facing South. Make sure you are looking to the South before completing the turn, and complete right **Yoko Uke** with the turn.
7. **(Count: 6)** From **Neko Ashi Dachi**, perform right **Chudan Mae Geri Kekomi** towards the South. Pull the kick back fully into the chambering position, then step towards the South with your right foot (the distance of a full **Zenkutsu Dachi**). Land on your right heel, and roll to the ball of your foot to prepare to pivot into left **Neko Ashi Dachi** facing North. As you roll from the heel to the ball of your foot, chamber your left hand on your right shoulder, with your right arm pointing to the North (both hands open in **Shuto** formation), and look towards the North in preparation for the turn. Complete the turn into left **Neko Ashi Dachi** facing North while performing left **Chudan Shuto Uke**.
8. **(Count: 7)** Slide your left foot forward (North) to make up the difference between the length of **Neko Ashi Dachi** and **Zenkutsu Dachi**. At the same time, chamber your right hand on your left shoulder, with your left arm pointing to the North (both hands open in **Shuto** formation), then pull your right foot around into right **Neko Ashi Dachi** facing North (try to move your right foot in as straight a line as possible as you bring it around your left foot). Complete right **Chudan Shuto Uke** at the same time you set the stance.
9. **(Count: 8)** Slide your right foot forward (North) to make up the difference between the length of **Neko Ashi Dachi** and **Zenkutsu Dachi**. At the same time, chamber your left hand on your right shoulder, with your right arm pointing to the North (both hands open in **Shuto** formation), then pull your left foot around into left **Neko Ashi Dachi** facing North (try to move your left foot in as straight a line as possible as you bring it around your right foot). Complete left **Chudan Shuto Uke** at the same time you set the stance.
10. **(Count: 9)** Slide your left foot forward (North) to make up the difference between the length of **Neko Ashi Dachi** and **Zenkutsu Dachi**, and chamber your right hand (still in **Shuto** formation) on your right hip as you move

forward. Step forward with your right foot into right **Zenkutsu Dachi** facing North, and perform right **Chudan Nukite** (left hand closes into a fist as you pull it back for the reaction hand). **Kiai** on this technique.

11. **(Count: 10)** 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 (both hands open in **Shuto** formation),. Complete the turn into left **Neko Ashi Dachi** facing South East while completing left **Chudan Shuto Uke**.
12. **(Count: 1)** Slide your left foot forward (South East) to make up the difference between the length of **Neko Ashi Dachi** and **Zenkutsu Dachi** . At the same time, chamber your right hand on your left shoulder, with your left arm pointing to the South East (both hands open in **Shuto** formation), then pull your right foot around into right **Neko Ashi Dachi** facing South East (try to move your right foot in as straight a line as possible as you bring it around your left foot). Complete right **Chudan Shuto Uke** at the same time you set the stance.
13. **(Count: 2)** 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 (both hands open in **Shuto** formation). Complete the turn into right **Neko Ashi Dachi** facing South West while completing right **Chudan Shuto Uke**.
14. **(Count: 3)** Slide your right foot forward (South West) to make up the difference between the length of **Neko Ashi Dachi** and **Zenkutsu Dachi** . At the same time, chamber your left hand on your right shoulder, with your right arm pointing to the South West (both hands open in **Shuto** formation), then pull your left foot around into left **Neko Ashi Dachi** facing South West (try to move your left foot in as straight a line as possible as you bring it around your right foot). Complete left **Chudan Shuto Uke** at the same time you set the stance.
15. **(Count: 4)** Turn to your left with your left foot towards the South, looking towards that direction as you are turning. At the same time, allow your right hip to come forward to your right hand as you turn. This action will chamber the upcoming technique. Complete the turn into left **Zenkutsu Dachi** facing South while completing right **Chudan Tetsui Uke**, and simultaneously chamber your left hand on your right shoulder. (Be very wary of the width of the **Zenkutsu Dachi**: if you do not turn in far enough, the block will be completely ineffective. Also, finish the block at the width of your left side at floating rib height.) Continue the sequence by chambering your right hand in your left armpit while leaving your left hand on your right shoulder. Turn your

shoulders forward 45 degrees with the right shoulder leading as you complete right **Yoko Uke**. Turning the shoulders in this way is meant to shift your weight more to the front leg in preparation for performing a kick.

16. **(Count: 5)** Perform right **Mae Geri Kekomi**, then step forward into right **Zenkutsu Dachi** facing South while performing left **Chudan Gyaku Tsuki**. Continue the sequence by chambering your left hand in your right armpit, with your right arm across your body, pointing to your left, then turn your shoulders forward 45 degrees with the left shoulder leading as you complete left **Yoko Uke** (still facing South). Turning the shoulders in this way is meant to shift your weight more to the front leg in preparation for performing a kick.
17. **(Count: 6)** Perform left **Mae Geri Kekomi**, then step forward into left **Zenkutsu Dachi** facing South while performing right **Chudan Gyaku Tsuki**.
18. **(Count: 7)** Step forward with your right foot towards the South as you allow both hands to fall back and point behind you on your left side. Complete the step into right **Zenkutsu Dachi** facing South as you 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).
19. **(Count: 8)** Turn to your left with your left foot towards the North West, 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 North West. Complete the turn into left **Zenkutsu Dachi** facing North West while completing left **Harai Uke**. Be wary of the proper width of the **Zenkutsu Dachi** at that angle.
20. **(Count: 9)** Step forward into right **Zenkutsu Dachi** facing North West and perform right **Jodan Uke**.
21. **(Count: 10)** Chamber your right hand on your left shoulder as you turn to your right with your right foot. As you turn, look towards the North East and point your left arm North Eastward. End in a right **Zenkutsu Dachi**, facing North East, with a right **Harai Uke**. Be wary of the proper width of the **Zenkutsu Dachi** at that angle.
22. **(Count: 1)** Step forward into left **Zenkutsu Dachi** facing North East and perform left **Jodan Uke**. **Kiai** on this technique.
23. **(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.