

PINAN YODAN

1. **(Count: Pinan Yodan, 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 hand on your right hip, and your left arm across the front of your body, with your left hand palm backwards, just over your right hand (both hands in *Shuto* formation). 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 *Chudan Shuto 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 hand in *Shuto* formation, palm out, protecting your right temple. Do not obstruct your line of sight to the North with your right hand).
3. **(Count: 2)** Look East as you chamber your left hand on your left hip, and your right arm across the front of your body, with your right hand palm backwards, just over your left hand (both hands in *Shuto* formation). At the same time, 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 *Chudan Shuto 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 hand in *Shuto* formation, palm out, protecting your left temple. Do not obstruct your line of sight to the North with your left hand).
4. **(Count: 3)** Lower your right heel to the floor and centre your weight evenly on both feet as you look to the North. At the same time, chamber both hands on your right hip (right hand as for a punch, left arm across your body with your left fist palm up, just below your right fist). Then move your left foot into a left *Zenkutsu Dachi* facing North while performing *Juji Uke* (right arm crosses over the left arm).
5. **(Count: 4)** Pull your right foot forward 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.

6. **(Count: 5)** Slide your right foot forward (North) to make up the difference between the length of **Neko Ashi Dachi** and **Zenkutsu Dachi**, then pull your left foot up and assume **Kiyostuke** 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.
7. **(Count: 6)** Turn your left fist so that your palm faces your own body **as you pivot** on the **ball** of your right foot and pull your left foot around into a half-width **Shizentai** stance facing West. At the instant the stance is set, complete left **Tetsui Uchi Uke** (horizontally), focused to shoulder height and width. Continue the sequence with left **Chudan Mae Geri Kekomi**, and pull the kick back into chambering position, then step forward with the left foot into left **Zenkutsu Dachi** facing West, allowing both feet to slide forward an **additional** distance equal to the length of your forearm (you are making up the difference in reach between a **Tsuki** and an **Empi Uchi**). As you set this stance, perform right **Chudan Gyaku Empi Uchi**, using your open left hand as a simulated target. Ensure that **the elbow strikes the hand** instead of the hand striking the elbow!
8. **(Count: 7)** Pull your right foot forward and turn into **Kiyostuke** 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.
9. **(Count: 8)** Turn your right fist so that your palm faces your own body **as you pivot** on the **ball** of your left foot and pull your right foot around into a half-width **Shizentai** stance facing East. At the instant the stance is set, complete right **Tetsui Uchi Uke** (horizontally), focused to shoulder height and width. Continue the sequence with right **Chudan Mae Geri Kekomi**, and pull the kick back into chambering position, then step forward with the right foot into right **Zenkutsu Dachi** facing East, allowing both feet to slide forward an **additional** distance equal to the length of your forearm (you are making up the difference in reach between a **Tsuki** and an **Empi Uchi**). As you set this stance, perform left **Chudan Gyaku Empi Uchi**, using your open right hand as a simulated target. Ensure that **the elbow strikes the hand** instead of the hand striking the elbow!
10. **(Count: 9)** Without changing the position of your feet, pivot into left **Zenkutsu Dachi** facing North as you allow both hands to float back to your right side. As you set the stance, perform right **Jodan Shuto Uchi** (aiming for your opponent's temple) and a simultaneous left **Jodan Kamae** towards

the North (Raise your left arm and finish with your left forearm placed horizontally, with your left hand in **Shuto** formation, palm out, protecting your head. Do not obstruct your line of sight to the North with your left hand).

11. **(Count: 10)** Perform right **Chudan Mae Geri Kekomi**, pull back your leg into chambering position, then step forward in a straight line the distance of a **Zenkutsu Dachi**. As you step forward, pull your right hand back to your right hip in preparation for a punch. At the same time, perform a downward **left Sukui Uke**, pulling an opponent's attack to your face down at an angle, past your right hip. At this point, your open left hand should be palm down, slightly below your right fist. Continue the sequence by pulling up your left foot into right **Kosa Ashi Dachi** facing North, and perform right **Jodan Gyakuken Tsuki** to the opponent's nose. **Kiai** on this technique. Protect your body with left **Kamae** across your body during this technique (left hand still in Shuto formation). Pull the right **Tsuki** back slightly, and place your right elbow **lightly** onto the back of your left hand.
12. **(Count: 1)** Without changing the position of your feet, pivot into left **Neko Ashi Dachi** facing South East (looking before you turn) as you chamber your left hand in your right armpit, with your right arm across your body, pointing to your left, and perform left **Yoko Uke**.
13. **(Count: 2)** Slide your left foot forward (South East) to make up the difference between the length of **Neko Ashi Dachi** and **Zenkutsu Dachi**. Perform right **Chudan Mae Geri Kekomi**, and step forward from the kick into right **Zenkutsu Dachi** facing South East while performing right **Chudan Tsuki**, immediately followed by left **Chudan Gyaku Tsuki**.
14. **(Count: 3)** 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 in your left armpit, with your left arm across your body, pointing to your right. Complete the turn into right **Neko Ashi Dachi** facing South West while completing right **Yoko Uke**.
15. **(Count: 4)** Slide your right foot forward (South West) to make up the difference between the length of **Neko Ashi Dachi** and **Zenkutsu Dachi**. Perform left **Chudan Mae Geri Kekomi**, and step forward from the kick into left **Zenkutsu Dachi** facing South West while performing left **Chudan Tsuki**, immediately followed by right **Chudan Gyaku Tsuki**.
16. **(Count: 5)** Pull your left foot back and turn into left **Neko Ashi Dachi** facing South (looking before you turn) as you allow both hands to fall back and point behind you on your right side. Perform left **Morote Uke** (your left hand performs **Yoko Uke**, while your right hand follows the left elbow around, finishing with the right fist palm up and the small knuckles of the right fist lightly touching the left elbow). Complete the block at the same instant that you set the stance.

17. **(Count: 6)** Slide your left foot forward (South) to make up the difference between the length of **Neko Ashi Dachi** and **Zenkutsu Dachi** , then pull your right foot around into right **Neko Ashi Dachi** facing South as you allow both hands to fall back and point behind you on your left side (try to move your right foot in as straight a line as possible as you bring it around your left foot). 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.
18. **(Count: 7)** Slide your right foot forward (South) to make up the difference between the length of **Neko Ashi Dachi** and **Zenkutsu Dachi** , then pull your left foot around into left **Neko Ashi Dachi** facing South as you allow both hands to fall back and point behind you on your right side (try to move your left foot in as straight a line as possible as you bring it around your right foot). Perform left **Morote Uke** (your left hand performs **Yoko Uke**, while your right hand follows the left elbow around, finishing with the right fist palm up and the small knuckles of the right fist lightly touching the left elbow). Complete the block at the same instant that you set the stance.
19. **(Count: 8)** Without moving forward, open both hands and reach forward in order to grab both sides of your opponent's head. Pull your hands down forcefully as you perform right **Hiza Geri** into your hands (drop the heel of the front foot of the **Neko Ashi Dachi** as you shift your weight forward for the knee strike), symbolizing that you are pulling your opponent's head down into the knee strike. **Kiai** on this technique. Ensure that the force of the knee strike is being generated more by the knee rising, and less by the hands descending. Step down from the knee strike and place your right foot down towards the South, at the length of a **Zenkutsu Dachi**. At the same time, begin to pivot to your left as you look North West and chamber your left hand on your right shoulder, with your right arm pointing to the North West (both hands open in **Shuto** formation). Complete the sequence by pivoting into left **Neko Ashi Dachi** facing North West and performing left **Chudan Shuto Uke**.
20. **(Count: 9)** Drop the heel of the front foot of the left **Neko Ashi Dachi** without shifting your weight forward. Turn to your right by stepping the length of a **Zenkutsu Dachi** with your right foot towards the North East, 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 North East (both hands open in **Shuto** formation). Land on your right heel, then roll the right foot up as pull your left foot under you (before you fall) to set yourself into right **Neko Ashi Dachi** facing North East while completing right **Chudan Shuto Uke**.
21. **(Count:Up)** Drop the heel of the front foot of the right **Neko Ashi Dachi** without shifting your weight forward. Keep looking North East as you push off

your right foot and step South West the length of a ***Shiko Dachi*** with your left foot, then 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.