

## Pinan Ni

- 1) Begin in Mokuso [meditation position], Mokuso Yame [come out of Mokuso into Yoi Dachi (YD)]. Hajime (begin), look to your left, step back with your left foot and stack your hands. Turn hips into Left Kokutsu Dachi (KKD), blocking Jodan Uke (JU) with right hand, Chudan Uchi Uke (CUU) with left. [See hand position of left hand for this move.] Bring Left hand across body for an elbow block as you strike the spleen with your right Tettsui [backfist]. Turn your right hand over as you chamber your left hand, step out into transitional stance. Turn your hips into Kiba Dachi (KD) as you strike with your left hand.
- 2) Look to your right and slide your right foot back towards your left into a right KKD as you stack your hands to the other side. Repeat step 1 with opposite hands blocking and striking.
- 3) Look to the rear as you slide your right leg back into KKD and chamber your hands. Lift leg into chamber for side kick to the rear. Perform Jodan Yoko Geri (YG) [side snap kick] and tettsui at the same time. Look to the front as you rechamber kicking foot, put it down into left KKD and perform Shuto Mawashi Uke (SMU).
- 4) Step straight into Right KKD and Block SMU
- 5) Step straight into Left KKD and Block SMU
- 6) Step straight into Right ZD and parry across your body with your left hand while your right hand chambers back. Perform supported finger stab with your right hand. **KIAI!**
- 7) Look over shoulder, begin  $\frac{3}{4}$  turn by stepping into Kache Dachi (Hook Stance), turn 270 degrees into Left KKD and perform double Shuto Mawashi Uke.
- 8) Step Through to a 45-degree angle into Right KKD and perform another SMU.
- 9) Turn 135 degrees to your right into Right KKD and perform another SMU.
- 10) Step thru to a 45-degree angle into Left KKD and perform another SMU.
- 11) Look over your shoulder, step 45 degrees to your left, turn into Left ZD. While you step, reach up over your right shoulder with your open right hand. Close the hand into a tight fist and perform a hooking/scooping inside block.
- 12) Perform Chudan Mae Geri with your right foot, rechamber leg and land in Right ZD.
- 13) Perform a Reverse punch.
- 14) Perform a slow inside hooking block [grip break] with the left hand.
- 15) Perform Chudan Mae Geri with your left foot, rechamber leg and land in left ZD.
- 16) Perform a Reverse punch.
- 17) Step through with your right foot into ZD, chamber and perform a supported block to the right side.
- 18) Look over shoulder, begin  $\frac{3}{4}$  turn by stepping into Kache Dachi (Hook Stance), turn 270 degrees into left ZD and block left Gedan Barai. Rechamber left hand and look to your right at a 45-degree angle. Perform eye gouge across your body, keeping your hips straight. Step through with your right foot at a 45-degree angle and end in a low ZD, while your perform right JU.
- 19) Step back and turn 135 degrees to your right and land in a right ZD while performing a right gedan barai. Rechamber right hand and look to your left at a 45-degree angle. Perform eye gouge across your body, keeping your hips straight. Step through with your left foot at a 45-degree angle and end in a low ZD, while your perform left JU. **KIAI!**