

Pinan Yon

- 1) Begin in Mokuso [meditation position], Mokuso Yame [come out of Mokuso into Yoi Dachi (YD)]. Hajime (begin), look to your left, step back and stack hands, turn hips into left Kokutsu Dachi as you block Chudan Uchi Uke with your left hand and Jodan uke with your right hand. Both hands are open with thumbs tucked.
- 2) Look over your right shoulder as you step back with your right foot. Rotate 180 degrees into right KKD, repeating the same blocks as in step one with opposite hands.
- 3) Look over your shoulder and slide your left foot out 90 degrees while chambering your hands up by your head. Rotate your hips into left ZD and perform X Block down.
- 4) Step through to right ZD and perform supported block.
- 5) Look to left as you stack your hands to the right side and chamber your left leg for a yoko geri. (Chamber to front) Execute Yoko Geri with left foot while striking with backfist. Rechamber legs and hands. Step out 90 degrees to the left into ZD and make target with your left hand. Perform elbow strike with right elbow, extending to target.
- 6) Slide your back leg (right) in as you rotate your hips 90 degrees clockwise. Look to right as you stack your hands to the left side and chamber your right leg for a yoko geri. (Chamber to front) Execute Yoko Geri with right foot while striking with backfist. Rechamber legs and hands. Step out 90 degrees to the right into ZD and make target with your right hand. Perform elbow strike with left elbow, extending to target.
- 7) Look over your left shoulder and slide your back leg (left) clockwise 45 degrees. Rotate your hips to change from right ZD to Left ZD while performing an open handed Jodan uke with your left hand and a Shuto with your right hand. Perform jodan Mae Geri with your right foot, keeping your hands in the shuto and blocking positions.
- 8) Look over your right shoulder 45 degrees and step with your left leg behind your body into Kake dachi (hook stance). Stay in hook stance as you perform a backfist to the back.
KIAI!
- 9) Rotate your hips 180 degrees counter clockwise as you step out with your left leg into ZD. Chamber your hands across your body as you turn and perform a double gedan barai (downward block). Raise your right hand straight out in front of your body as you chamber your left hand. Perform chudan Mae geri (front snap kick) with your right foot under the extended arm. Perform two punches, left hand then right hand.
- 10) Look over your right shoulder as you step and turn into right ZD. You rotate 90 degrees clockwise. Chamber your hands across your body as you turn and perform a double gedan barai (downward block). Raise your left hand straight out in front of your body as you chamber your right hand. Perform chudan Mae geri (front snap kick) with your left foot under the extended arm. Perform two punches, right hand then left hand.
- 11) Look 45 degrees counter clockwise as you chamber your hands for a supported block. Chamber the hands by your head. Slide your left foot 45 degrees counter clockwise into a left ZD with supported block.
- 12) Step through with your right foot as you chamber your hand for supported block. Step into Right ZD and perform supported block.
- 13) Step through with your left foot as you chamber your hand for supported block. Step into left ZD and perform supported block.

- 14) Bring your hands up to head height in front of your body (Simulating grabbing opponents head or gouging opponents eyes with thumbs and wrapping fingers around the head). Bring right knee up for Hiza Geri (knee kick) into your descending hands.
- 15) Rotate your hips 180 degrees counter clockwise into a left KKD and perform $\frac{1}{2}$ shuto Mawashi Uke. **KIAI!**
- 16) Step through into Right KKD and perform complete shuto mawashi uke.