

























Kata - Pinan Nidan Summary

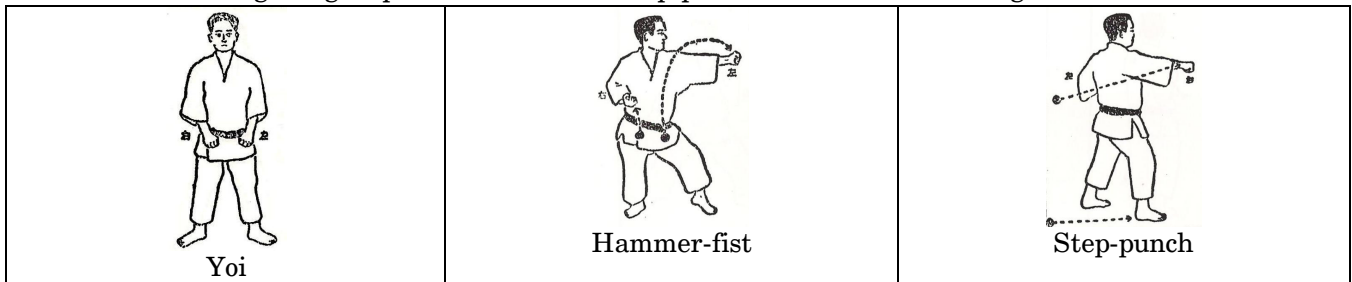
 Yoi	 Hammer-fist	 Step-punch	 Downblock	 Hammer-fist	 Step-punch
 Turn into downblock		 Rising block		 Rising block	
 Rising block <i>-kiai</i>		 Turn into downblock		 Step-punch	
 Step-punch		 Turn into downblock		 Step-punch	
 Downblock		 Step-punch		 Step-punch	
 Step-punch & <i>kiai</i>		 Open-handed down-block		 Open-handed down-block	
 Open-handed down-block		 Open-handed down-block		 Yoi	

Pinan Nidan

Combination 1

Standing in **Yoi** you are attacked from the left hand side.

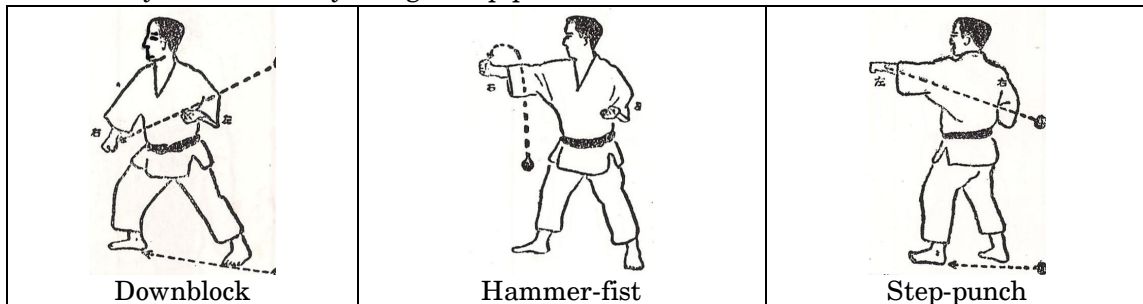
- Look over the left shoulder, drop into cat stance (**nekoashi dachi**) blocking hammer-fist (**tetsui**) with the left arm.
- With the right leg step forward and do a step-punch (**oizuki**) with the right arm.



Combination 2

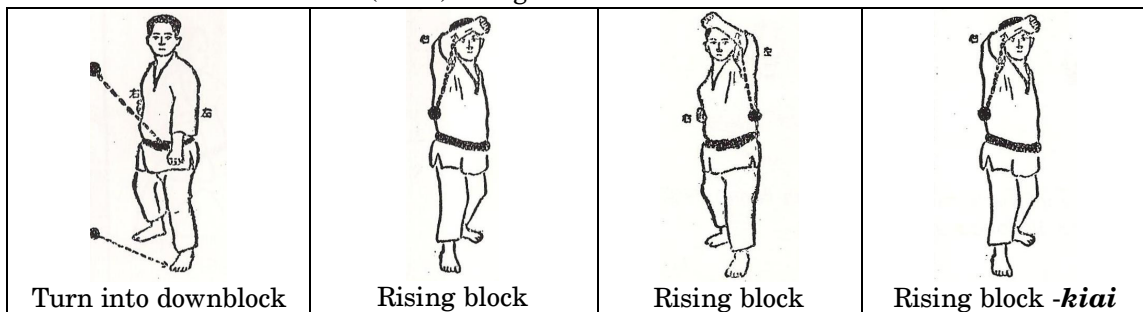
Similar to combination 1, from the opposite side. Opponent is attacking from behind:

- Prevent the attack by looking over the right shoulder. Imagine that opponent is attacking with a snap-kick (mae geri); take your right leg round behind into a deep fighting stance and do a downblock (**gedan barai**) with the right arm.
- Slide the right foot back in cat-stance (**nekoashi dachi**) and block hammer-fist (**tetsui**) with the right hand.
- Finish off your attacker by doing a step-punch (**oizuki**) with the left arm..



Combination 3

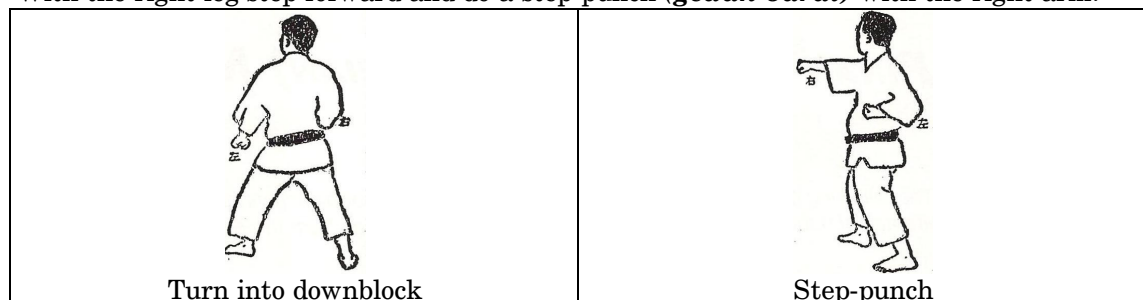
- Look over your left shoulder, at the opponent who is now attacking you from your left (in the direction you faced at the start of the kata). Take your left leg round to the front into a long fighting stance doing a downblock (**gedan barai**) with the left hand
- In the same direction, step forward 3 times into fighting stance doing a rising block (**age uke**) each time - Kiai on the final (third) rising block



Combination 4

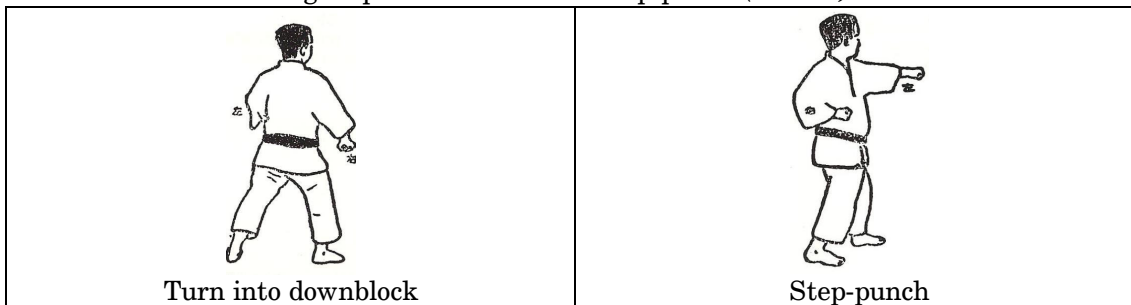
Our next opponent is now attacking us from behind, at a 45 degree angle.

- Look over your left shoulder; take your left leg behind, so that you are now in fighting stance facing your new attacker and do a downblock (**gedan barai**) with the left hand.
- With the right leg step forward and do a step-punch (**gedan barai**) with the right arm.



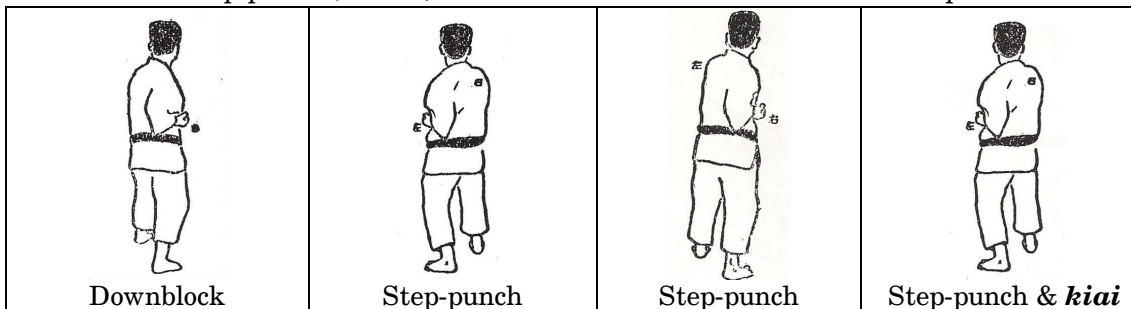
Combination 5

- Look over the right shoulder and turn to face your next attacker with a right downblock by stepping your right leg to face the opposite corner.
- With the left leg step forward and do a step-punch (*oizuki*) with the left arm.



Combination 6

- Look over your left shoulder to face your new attacker, take the left leg round into fighting stance and do a downblock (*gedan barai*) with the left arm.
- Then step-punch (*oizuki*) forward 3 times with a kiai on the final punch.



Combinations 7 & 8

- Look over the left shoulder and take your front (left) leg round behind you, stepping into straddle horse stance (*shikodachi*) so that both feet are placed along your new attacker's line of attack. Imagine that the opponent is snap-kicking and you are blocking (*gedan barai*) with the open left hand in a downward motion. The right hand is pulled back to your middle so that it is open, with the palm facing upwards.
- Without changing the height of your stance, step through into the same stance to block with your right.
- Turn to your new attacker to do the same two blocks to the opposite corner.
- Step back up into yoi - End of Kata

