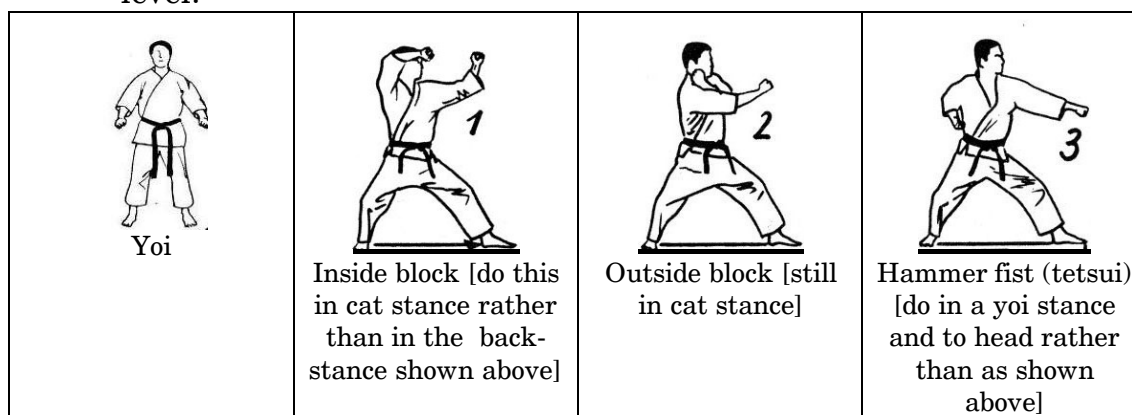


Pinan Shodan

(Diagrams taken from equivalent Shotokan Heian Nidan kata rather than our Shukokai/Shitoryu version so please read notes carefully)

Combination 1

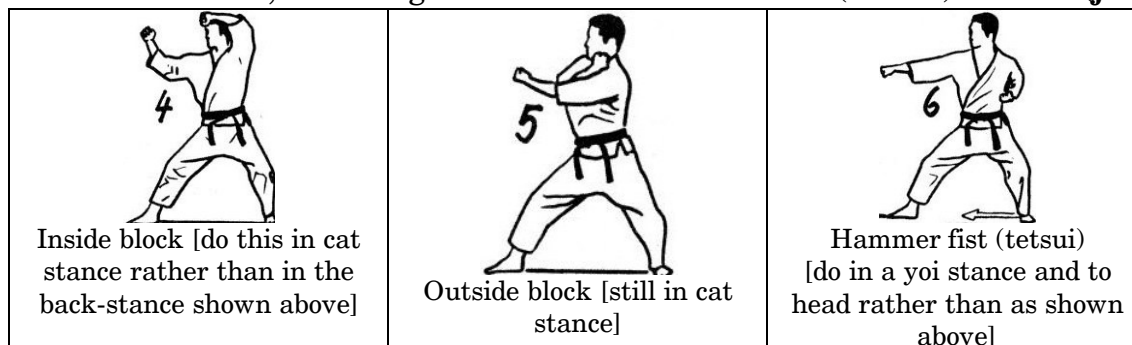
- From **Yoi** look left, turning briskly into left cat stance (**nekoashi dachi**). Inside block (**uchi uke**) with the left arm as the right arm is brought up so that the knuckles of your fist rest against your right temple. Top of left fist should be chin-level.
- Left arm is then pulled briskly back to the right shoulder as the right arm is taken underneath the left arm, striking hammer fist (**tetsui**) to chest (**chudan**) level (alternatively this is an outside block done as a strike).
- As you straighten up into yoi stance, the right arm is pulled back to the right hip, fist closed, as the left arm strikes hammer fist (**tetsui**) to head (**jodan**) level.



Combination 2

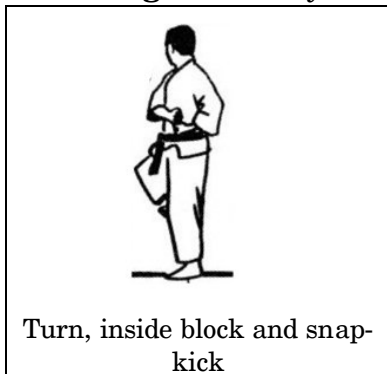
Combination 1 is now performed to an opponent on the opposite side:

- Look over the right shoulder, turning into right cat stance (**nekoashi dachi**) and executing the same double block as combination 1: right arm inside block (**uchi uke**), left arm to temple
- Right arm is then pulled back to the left shoulder as the left arm is taken underneath the right arm, striking hammer fist (**tetsui**) to chest (**chudan**) level (alternatively this is an outside block done as a strike).
- As you straighten up into yoi stance, the left arm is pulled back to the left hip, fist closed, as the right arm strikes hammer fist (**tetsui**) to head (**jodan**) level.



Combination 3

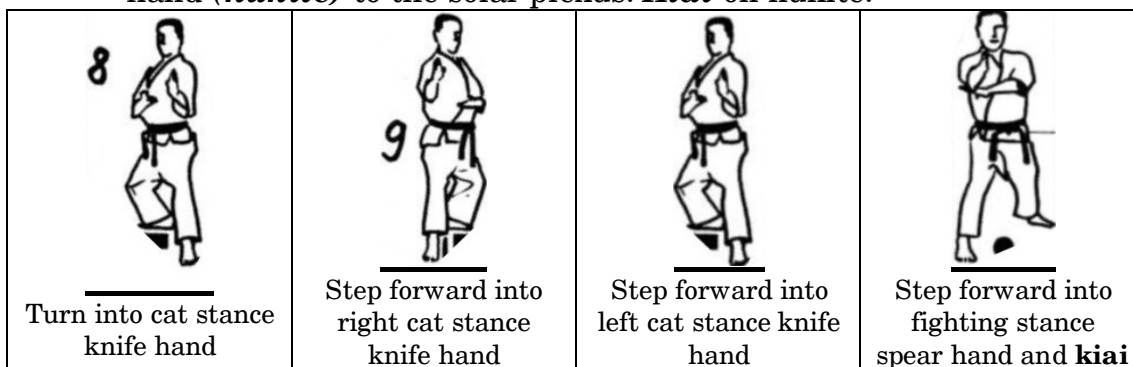
Your opponent attacks from behind: Step forward with your left leg and turn around into right cat stance (*nekoashi dachi*) doing inside block (*uchi uke*) with your right arm and doing a snap kick (*mae geri*) with your right foot.



Combination 4

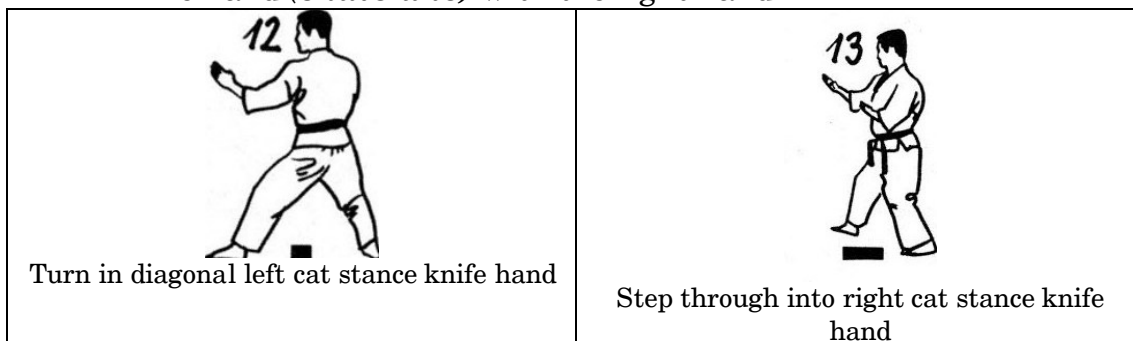
Opponent attacks from behind again (from the direction you faced at the start of the kata):

- Turn into left cat stance (*nekoashi dachi*) with your left leg forward, blocking an incoming punch with a knife hand (*shuto uke*).
- Step forward into right cat stance (*nekoashi dachi*), blocking with a knife hand (*shuto uke*) with the right hand
- and then one more time into left cat stance (*nekoashi dachi*), blocking with a knife hand (*shuto uke*) with the left hand.
- Step forward into a long fighting stance (*zenkutsu dachi*), thrusting spear hand (*nukite*) to the solar plexus. **Kiai** on nukite.



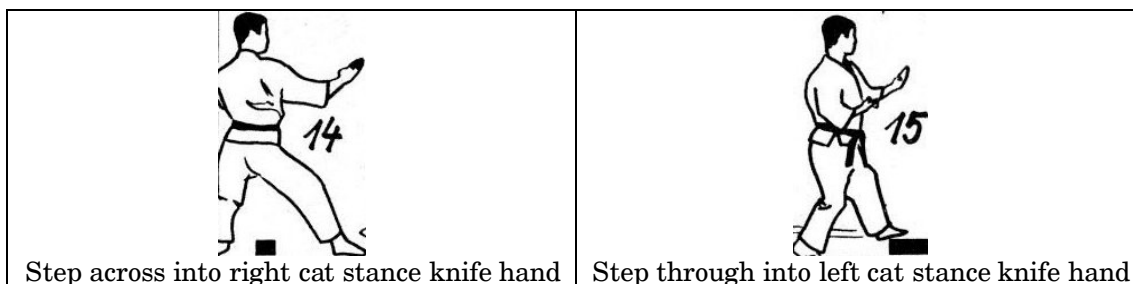
Combination 5

- Take the left leg behind and round towards 5 o'clock, stepping into left cat stance (*nekoashi dachi*) with your left leg forward, blocking an incoming punch with a knife hand (*shuto uke*).
- Step forward on the right leg into right cat stance (*nekoashi dachi*), doing a knife hand (*shuto uke*) with the right hand



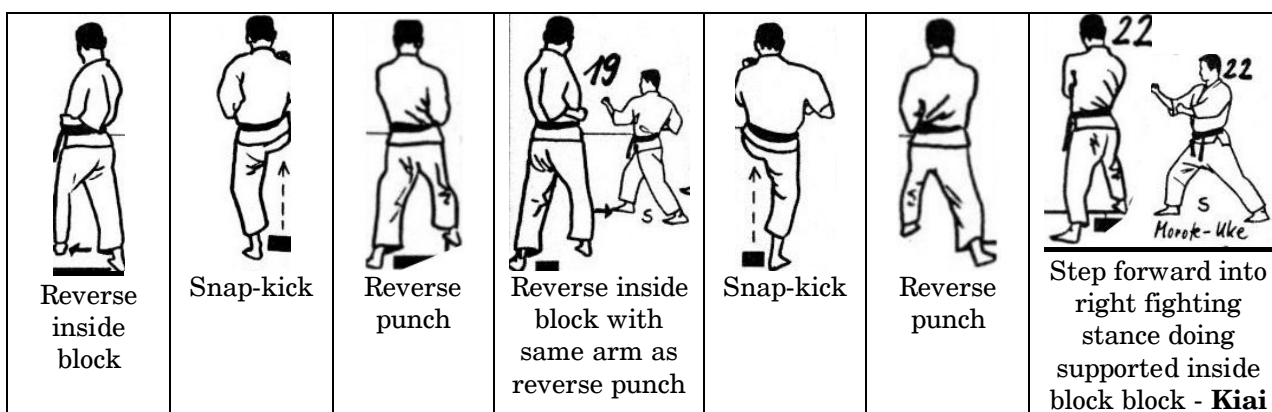
Combination 6

- Look over the right shoulder, towards 7 o'clock. Take the right leg round into cat stance (*nekoashi dachi*), blocking an incoming punch with a knife hand (*shuto uke*).
- Step forward on the left leg into left cat stance (*nekoashi dachi*), doing a knife hand (*shuto uke*) with the left hand.



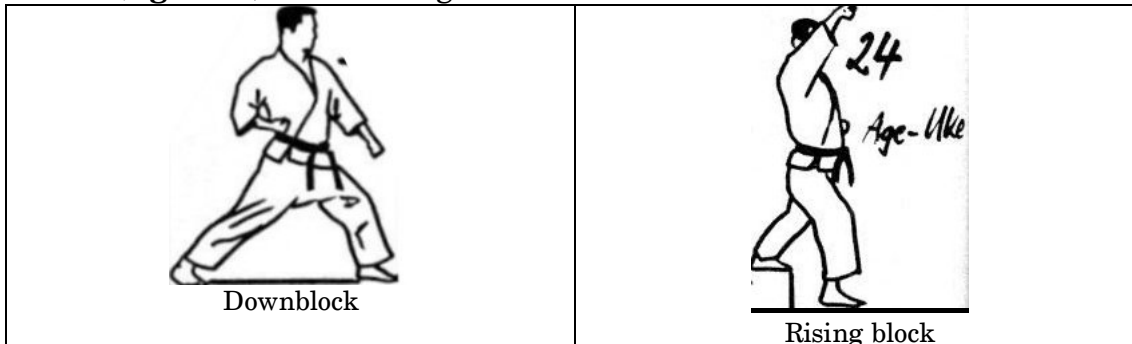
Combination 7

- Look over the left shoulder towards 6 o'clock. Take the left leg around into fighting stance (*zenkutsu dachi*) doing a **reverse** inside block (*uchi uke*) with the right arm (i.e. with your back arm)
- Attack snap kick (*mae geri*) with the right leg, landing in right fighting stance (*zenkutsu dachi*)
- Reverse punch (*gyaku zuki*) with the left hand, then reverse inside block (*uchi uke*) with the same arm.
- Attack snap kick (*mae geri*) with the left leg, landing in left fighting stance (*zenkutsu dachi*)
- Reverse punch (*gyaku zuki*) with the right hand.
- Step forward on the right leg into right fighting stance (*zenkutsu dachi*) doing a supported inside block (*morote uke*) with the right arm. **Kiai** on this final block/strike



Combination 8

- Looking over the left shoulder, take the leg around behind, towards 11 o'clock into left fighting stance (*zenkutsu dachi*). Down block (*gedan barai*) with the left arm.
- Step forward into right fighting stance (*zenkutsu dachi*) doing rising block (*age uke*) with the right arm.



Combination 9

- Look over the right shoulder. Take the right leg around towards 1 o'clock into right fighting stance (*zenkutsu dachi*), doing downblock (*gedan barai*) with the right arm.
- Step forward into left fighting stance (*zenkutsu dachi*), doing rising block (*age uke*) with the left arm. End of Kata - Step back with the left leg into yoi position

