

Nihon Goshin Karate Do

Dewey's Martial Arts Academy

A Dojo for the Whole Family

Pinan 品

Green Belt

4th Kyu

"Yoi": Heiko dachi, cross arms in front of throat and bring to sides.

1. L. foot step left (90°) to L. kokutsu dachi, L. chudan uchi uke.
2. Bring R. foot to left in musubi dachi, R. chudan uchi uke, L. gedan barai simultaneously.
3. L. chudan uchi uke, R. gedan barai simultaneously.
4. R. foot back (180°) turn to R. kokutsu dachi, R. chudan uchi uke.
5. Bring L. foot to right in musubi dachi, L. chudan uchi uke, R. gedan barai simultaneously.
6. R. chudan uchi uke, L. gedan barai simultaneously.
7. L. foot step left (90°) to L. zenkutsu dachi, L. chudan soete uke. (R. fist supports left forearm.)
8. R. foot forward to R. zenkutsu dachi, L. tapping block, R. nukite.
9. Bend at waist and bring R. hand down as if picking up opponent's leg, left foot back in (180°) turn to kiba dachi, L. tetsui uchi.
10. R. foot forward to R. zenkutsu dachi, R. chudan tsuki. KIAI.
11. L. foot steps behind (180°) to musubi dachi (rising to a 5 count), hands on hips.
12. R. mae geri, foot down to kiba dachi, R. hiji gedan uke, keep looking over R. shoulder.
13. R. uraken sayu uchi (maintain kiba dachi).
14. L. mae geri, foot down to kiba dachi, L. hiji gedan uke, keep looking over L. shoulder.
15. L. uraken sayu uchi (maintain kiba dachi).
16. R. mae geri, foot down to kiba dachi, R. hiji gedan uke, keep looking over R. shoulder.
17. R. uraken sayu uchi. (maintain kiba dachi).
18. L. foot forward to L. zenkutsu dachi, L. chudan tsuki.
19. R. foot moves forward to L. heel, slides right to kiba dachi, L. foot swings back (180°) to kiba dachi and simultaneously execute L. hiji ushiro ate and R. seikeu ushiro, shomen uchi.
20. Jump to right into kiba dachi, simultaneously execute R. hiji ushiro uchi and L. seiken ushiro, shomen uchi. KIAI.

Naore: Right foot moves into heiko dachi, cross arms and bring to sides as in original movement.

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