

Nihon Goshin Karate Do

Dewey's Martial Arts Academy

A Dojo for the Whole Family

Pinan JJ Kata 日

Yellow Belt

6th 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 and R. jodan uke simultaneously.
2. R. tettsui juji uke, do not change stance, set for L. jun tsuki, drop L. heel and immediately slide left with L. foot into kiba dachi, L. june tsuki.
3. Pull R. foot back into R. kokutsu dachi, turn head 180° right, R. chudan uchi uke and L. jodan uke simultaneously.
4. L. tettsui juji uke, do not change stance, set for R. jun tsuki, drop R. heel and immediately slide right with R. foot into kiba dachi, R. june tsuki.
5. Pivot (90°) right pulling R. foot back into tsuruashi dachi, R. yoko geri, R. uraken simultaneously. Bring feet down quickly pivoting 180° left into L. kokutsu dachi, L. shuto mawashi stow uke.
6. R. foot step forward to R. kokutsu dachi, R. shuto mawashi stow uke.
7. L. foot step forward to L. kokutsu dachi, L. shuto mawashi stow uke.
8. R. foot step forward to R. zenkutsu dachi, L. tapping block, R. nukite. KIAI.
9. L. foot step behind 270° to L. kokutsu dachi, L. shuto mawashi stow uke.
10. R. foot step forward (45°) to R. ko kutsu dachi, R. shuto mawashi stow uke.
11. R. foot step right (135°) to R. kokutsu dachi, R. shuto mawashi stow uke.
12. L. foot step forward (45°) to L. kokutsu dachi, L. shuto mawashi stow uke.
13. L. foot step left (45°) to L. zenkutsu dachi, R. arm executes a descending shuto uke moving into kote uke with closed fist, L. ushiro hiji ate with closed fist.
14. R. mae geri, R. foot down to R. zenkutsu dachi, L. chudan gyaku tsuki.
15. L. kote uke (5-count), L. mae geri, L. foot down to L. zenkutsu dachi, R. chudan gyaku tsuki.
16. R. foot step forward to R. zenkutsu dachi, R. chudan soete uke (L. fist supports R. forearm).
17. L. foot steps behind (270°) to L. zenkutsu dachi, L. gedan barai.
18. L. hand deliver L. nukite to face (45°), R. foot step forward (45°) to R. zenkutsu dachi, R. jodan uke.
19. R. foot step back (135°) to R. zenkutsu dachi, R. gedan barai.
20. R. hand deliver R. nukite to face (45°), L. foot step forward (45°) to L. zenkutsu dachi, L. jodan uke. KIAI.

Naore: Left foot step back to Heiko dachi, cross arms and bring to sides as in original movement.

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