

Nihon Goshin Karate Do

Dewey's Martial Arts Academy

A Dojo for the Whole Family

Pinan JV Kata

Green Belt

3rd 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. shuto chudan uchi uke and R. shuto jodan uke simultaneously.
2. R. foot step right (180°) to R. kokutsu dachi, R. shuto chudan uchi uke and L. shuto jodan uke simultaneously.
3. L. foot step left (90°) to L. zenkutsu dachi, gedan juji uke (right hand on top with both fists clenched).
4. R. foot forward to R. zenkutsu dachi, R. chudan soete uke (L. fist supports right forearm).
5. Bring left foot up to tsuruashi dachi, R. fist withdraws to R. hip with L. fist on top of right.
6. Execute L. yoko geri and L. uraken simultaneously. L. foot comes down to L. zenkutsu dachi, R. jodan hiji mawashi ate striking left hand.
7. Pivot right (90°) to R. tsuruashi dachi, L. fist withdraws to L. hip with R. fist on top of left.
8. R. yoko geri, and R. uraken simultaneously. R. foot comes down to R. zenkutsu dachi, L. jodan hiji mawashi ate striking right hand.
9. Execute L. shuto jodan uke.
10. Pivot left (180°) into L. zenkutsu dachi and execute R. shuto gamen uchi.
11. R. mae geri and small jump (45°) right into kake dachi, L. hand reaches out and grabs, R. uraken sayu uchi. KIAI.
12. Extend L. foot back and turn (180° while chambering left hand) to L. zenkutsu dachi, cross arms in front of throat with L. arm on top and bring slowly to sides of legs.
13. R. mae geri bringing foot down to R. zenkutsu dachi with R. chudan tsuke and then execute L/R chudan tsuki.
14. R. foot step right (90°) to R. zenkutsu dachi, cross arms in front of throat with R. arm on top and bring slowly down to sides of legs.
15. L. mae geri bringing foot down to L. zenkutsu dachi with L. chudan tsuke and then execute R/L chudan tsuki.
16. L. foot step left (45°) to L. zenkutsu dachi, L. chudan soete uke (R. fist supports left elbow).
17. R. foot step forward to R. zenkutsu dachi, R. chudan soete uke (L. fist supports right elbow).
18. L. foot step forward to L. zenkutsu dachi, L. chudan soete uke (R. fist supports left elbow).
19. Both hands open and reach up as if catching opponent's head.
20. R. hiza geri pulling both hands down sharply, KIAI. Bring R. foot down quickly, pivot left (180°) to L. kokutsu dachi and execute L. shuto mawashi stow uke.
21. R. foot step forward to R. kokutsu dachi, R. shuto mawashi stow uke.

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

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