

Nihon Goshin Karate Do

Dewey's Martial Arts Academy

A Dojo for the Whole Family

Pinan J Kata

Blue Belt

8th Kyu

"Yoi" - Heiko dachi (parallel stance), cross arms in front of throat and bring to sides.

1. L. foot step left (90°) to L. zenkutsu dachi (front leaning stance), L. gedan barai (low block).
2. R. foot step forward to R. zenkutsu dachi (front leaning stance), R. chudan tsuki (middle punch).
3. R. foot step back in basic 180° turn to R. zenkutsu dachi (front leaning stance), R. gedan barai (low block), R. foot quickly back to R. nekoashi dachi (cat stance), R. tettsui gammen uchi (high outside-in side of fist strike).
4. L. foot step forward to L. zenkutsu dachi (front leaning stance), L. chudan tsuki (middle punch).
5. L. foot step left (90°) to L. zenkutsu dachi (front leaning stance), L. gedan barai (low block).
6. R. foot step forward to R. zenkutsu dachi (front leaning stance), R. jodan uke (high block).
7. L. foot step forward to L. zenkutsu dachi (front leaning stance), L. jodan uke (high block).
8. R. foot step forward to R. zenkutsu dachi (front leaning stance), R. jodan uke (high block), KIAI.
9. L. foot step behind (270°) to L. zenkutsu dachi (front leaning stance), L. gedan barai (low block).
10. R. foot step forward to R. zenkutsu dachi (front leaning stance), R. chudan tsuki (middle punch).
11. R. foot step back in basic 180° turn to R. zenkutsu dachi (front leaning stance), R. gedan barai (low block).
12. L. foot step forward to L. zenkutsu dachi (front leaning stance), L. chudan tsuki (middle punch).
13. L. foot step left (90°) to L. zenkutsu dachi (front leaning stance), L. gedan barai (low block).
14. R. foot step forward to R. zenkutsu dachi (front leaning stance), R. chudan tsuki (middle punch).
15. L. foot step forward to L. zenkutsu dachi (front leaning stance), L. chudan tsuki (middle punch).
16. R. foot step forward to R. zenkutsu dachi (front leaning stance), R. chudan tsuki (middle punch), KIAI.
17. L. foot step behind (270°) to L. kokutsu dachi (back stance), L. shuto mawashi stow uke (circular knife hand block).
18. R. foot step forward (45°) to R. kokutsu dachi (back stance), R. shuto mawashi stow uke (circular knife hand block).
19. R. foot step right (135°) to R. kokutsu dachi (back stance), R. shuto mawashi stow uke (circular knife hand block).
20. L. foot step forward (45°) to L. kokutsu dachi (back stance), L. shuto mawashi stow uke (circular knife hand block).

Naore. Left foot step back to heiko dachi (parallel stance), cross arms and bring to sides as in original movement.

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