

Nihon Goshin Karate Do

Dewey's Martial Arts Academy

A Dojo for the Whole Family

Pinan V Kata 日

Brown Belt

2nd 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, R. chudan gyaku tsuki.
2. Pivot (90°) right bringing left foot to musubi dachi, R. fist with R fingers up is brought to right hip with left fist on top.
3. R. foot step right (90°) to R. chudan uchi uke, L. chudan gyaku tsuki.
4. Pivot left (90°) bringing right foot to musubi dachi, L. fist with L fingers up is brought to left hip with right fist on top.
5. R. foot forward to R. zenkutsu dachi R chudan morote uke (L. fist supports right forearm).
6. L. foot forward to L. zenkutsu dachi, R. gedan juji uke (fists clenched).
7. R. shuto jodan juji uke, maintain zenkutsu dachi.
8. Rotate hands clockwise so as to twist opponent's arm, R. foot forward to R. zenkutsu dachi, R. chudan tsuki.
9. Lift R. foot, pivot 180°, come down into kiba dachi, R. gedan barai.
10. Turn head (180°) slowly as you execute L. back hand block (head and move together).
11. R. crescent kick to L. palm. L. foot back of right quickly to kake dachi and execute R. uraken sayu uchi (L. fist by R. elbow). KIAI.
12. Execute R. tsuki age (look where punching).
13. Turn head (180°) and bring left foot forward to L. kokutsu dachi, bring weight to balls of feet.
14. Execute (90°) jumping turn coming down into deep kake dachi, left foot behind and back straight, R. juji gedan uke. KIAI.
15. R. foot step (90°) right to R. zenkutsu dachi, R. chudan morote uke (L. fist supports right forearm).
16. L. foot behind right (90°) to L. zenkutsu dachi R. nukite toward opponent's groin. L. palm inward by R. ear.
17. Transform zenkutsu dachi to kiba dachi bringing R. hand violently back and up as if crushing and pulling opponent's groin, L. gedan barai.
18. Bring L. foot back to musubi dachi, hands remain in last position.
19. R. foot forward (45°) to R. zenkutsu dachi, L. nukite to opponent's groin, R. hand palm inward by L. ear.
20. Transform zenkutsu dachi to kiba dachi bringing L. hand violently back as if crushing and pulling opponent's groin, L. gedan barai.

Naore - R. foot back to Heiko dachi, cross arms and bring to sides as in original movements.

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