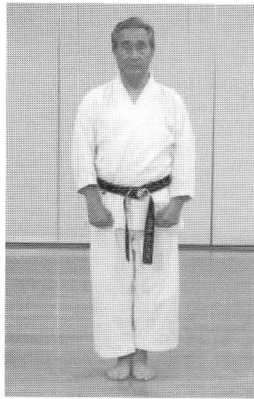


NISESHI

【Ready 1】



【Ready 2】



<Ready 1>

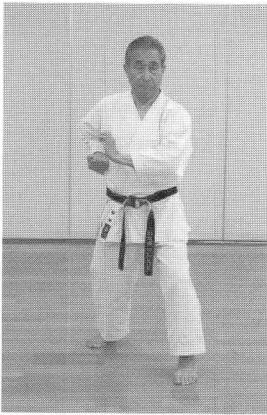
Same as in PINAN SHODAN.

<Ready 2>

Stand in Heisokudachi.

Grip both hands in front of both thighs.

【Movement 1】



Pull the right foot one step backward (toward north).

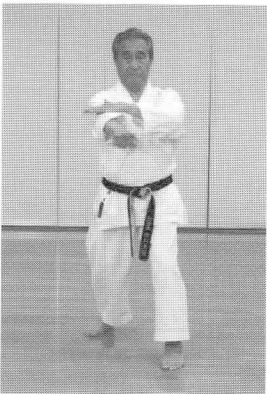
Pull the left foot slightly into the Motodachi position.

Execute Left-Nekote-Shotei-Chudan-Yokouke from the left side of the body to the right side crossing in front of the chest. Right fist is pulled to the right side of the body in Hikite.

<Note>

- This movement is to ward off opponent's blow sideways, bringing his attack over to this side.

【Movement 2】



Slide left foot toward the south (the front) with Suriashi, and stand in Left-Motodachi.

Execute Right-Chudan-Gyakuzuki under the left forearm.

<Note>

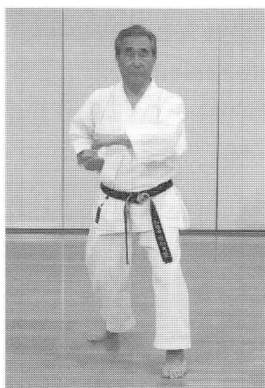
- Left Kaishu, with the palm facing downward, must be placed above the right forearm.

【Movement 3-1】



By bending left knee and lifting left heel as if kicking the hip, dodge opponent's kick toward left shin. Grip left hand and insert the fist under the right forearm.

【Movement 3-2】

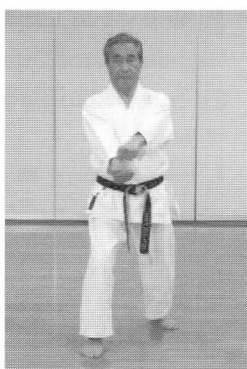
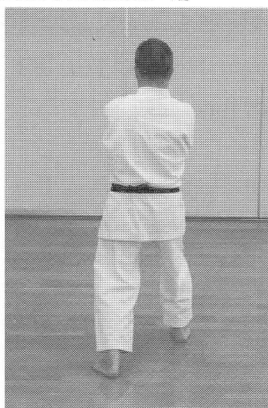


Slide left foot forward and bring right foot forward a little, to stand in Motodachi. Grip left hand and insert the fist under the right forearm. Execute push-off with the left elbow (Tsukihanashi) with back of the left hand facing upward. The right fist is in Hikite.

<Note>

- Hold left forearm horizontally in a parallel position in front of the chest, and push off the opponent like making a dash.

【Movement 4】

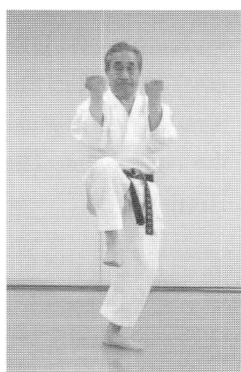
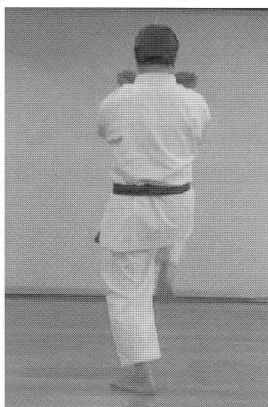


Pivoting on the left foot, turn body to right to face the north (right back) and stand in Right-Motodachi. Pull both fists back to each side of the body and then execute Right and Left-Chudan-zuki.

<Note>

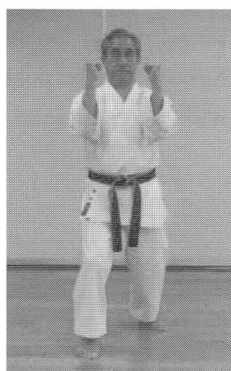
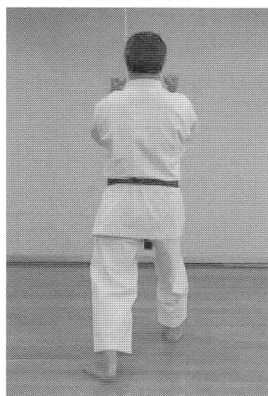
- Execute a Chudan-Morotezuki with the front part of left fist above SEIKEN and the back part of right fist (below) URAZUKI. Both fists face each other.

【Movement 5】



Taking the opponent by the collar (or neck or head) and drawing near, kick with right knee toward the lower abdomen.

【Movement 6】

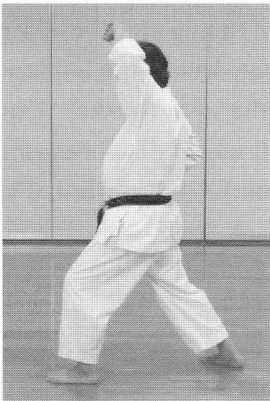


Move the right foot down one step to the north with Suriashi and stand in Right-Motodachi. On the elbow sides of both arms, execute Morote-Chudan-Tsukihanashi, with the back of elbows and hands facing out. Movement 5 and 6 are in continuous motion.

<Note>

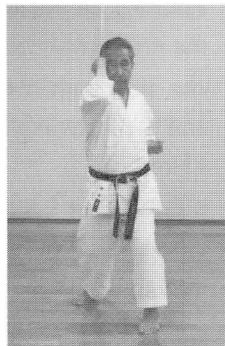
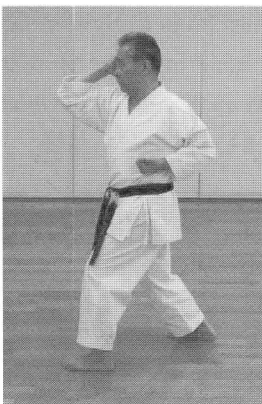
- Execute Tsukihanashi with elbow-sides of both arms (to push the fists out). Hold both forearms upward in a parallel position. Both palms face each other.

【Movement 7】



Pivoting on the right foot, move left foot toward left (the west) to stand in Left-Zenkutsudachi. Execute Left-Jodan-Uke. Right fist is pulled to the right side of the body in Hikite.

【Movement 8】



Twist body to left. Execute Right-Jodan-Nagashi-Uke and simultaneously Right-Hijiata. The left fist is pulled to the left side of the chest.

<Note>

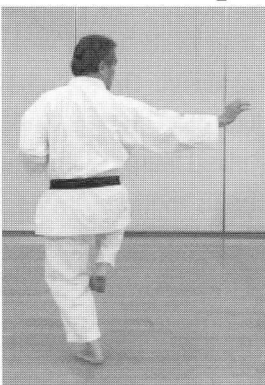
- In executing Right-Jodan-Nagashi-Uke, the back of the hand faces outside and palm faces inside.
- The right elbow is at chest level in executing Right-Hijiata.

【Movement 9】



Pivoting on the left foot, turn the body to right (the east) to stand in Shikodachi facing the north. Simultaneously execute Chudan-Kake-Uke with the right hand. The left fist remains the same in Hikite.

【Movement 10-1】



Standing on the left foot, extend the right arm lightly to take position to grab opponent's wrist with the right hand.

【Movement 10-2】



Clench right fist and quickly pull the fist to the right side of the chest. Simultaneously lift and move the right knee and, with right Sokutou, execute Gedan-Kekomi. Left fist remains the same.

【Movement 11-1】

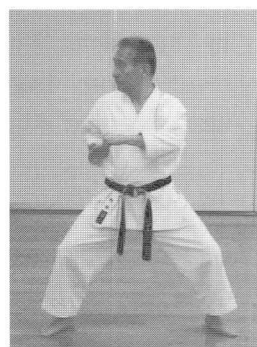
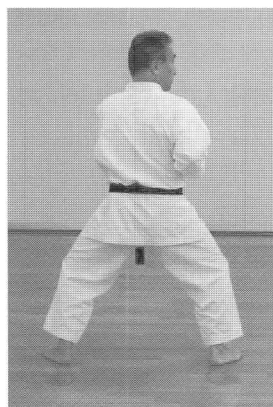


Slide the right foot toward the east (right) and stand in Shikodachi. With the left fist, execute Chudan-Yokozuki diagonally toward the front right in the direction of 45 degrees.

<Note>

- Strike with left fist at a target lower than the height of self's shoulder.

【Movement 11-2】



Loosen the left arm immediately and hold it in the Kagi-Zuki position in front of the chest. The face remains the same, looking east. Execute Movements 10 and 11 continuously.

【Movement 12】



Turn the face to the west, and at the same time, execute Left-Chudan-Soto-Uke with left Kakete. Right fist is pulled to the right side of the chest.

【Movement 13-1】



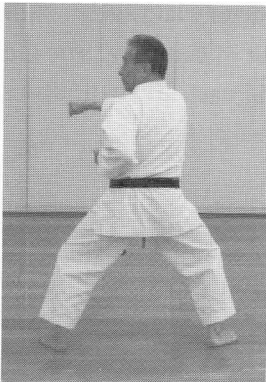
Extend the left arm lightly to take position to grab opponent's wrist with the left hand.

【Movement 13-2】



Clench left fist and quickly pull the fist to the left side of the chest. Simultaneously lift and move the left knee and, with left Sokutou, execute Gedan-Kekomi. Right fist remains the same.

【Movement 14-1】



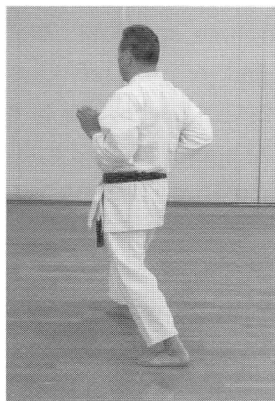
Slide the left foot toward the west (left) and stand in Shikodachi. With the right fist, execute Chudan-Yokozuki diagonally toward the front left in the direction of 45 degrees.

【Movement 14-2】



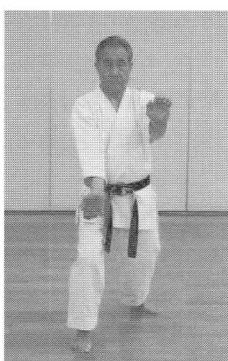
Loosen the right arm immediately and hold it in the Kagi-zuki position in front of the chest. The face remains the same, looking west. Execute Movement 13 and 14 continuously.

【Movement 15-1】



Turn the left foot, with toes pointing toward the northwest (in the direction 45 degrees). Bend both hands at wrist with palms facing outward in Ne-kote-Haikutsu. Turning the left hand with fingers pointed up, pull the hand to the left side of the chest. Turning the right hand with fingers pointed down, pull the hand to the right side of the waist.

【Movement 15-2】

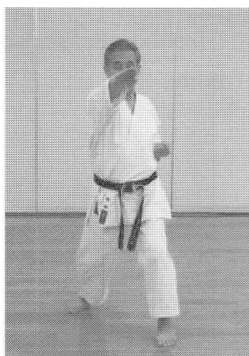
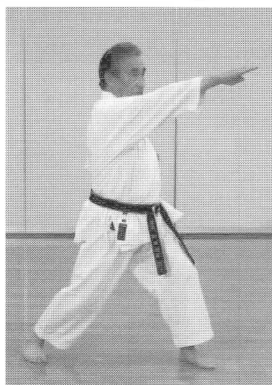


Step right foot toward northwest, and stand in Right-Zenkutsudachi. At the same time, execute Left-Nekote-Shotei-Jodan-Uchi and Right-Nekote-Shotei-Gedan-Uchi.

<Note>

- Strike opponent's right upper chest with the bottom of the left palm.
- Strike opponent's left iliac spine with the bottom of right palm.

【Movement 16】

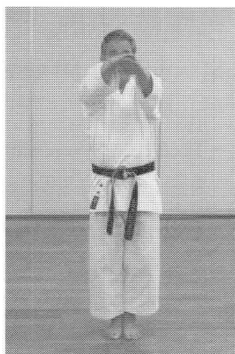
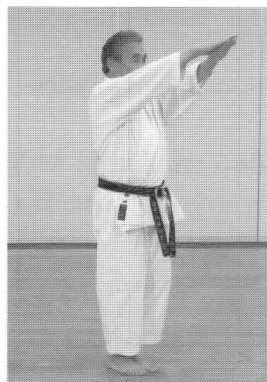


Pivoting on the right foot, turn left to the southeast (in the direction of 180 degrees), and stand in Left-Zenkutsudachi. Execute Right-Haito-Jodan-Yokouchi. Left fist is in Hikite.

<Note>

- In Movement 16, swing right Shuto sideways with the palm facing down, in chopping motion to hit the opponent in the face or on temple, or to cut the opponent's eye horizontally.

【Movement 17】

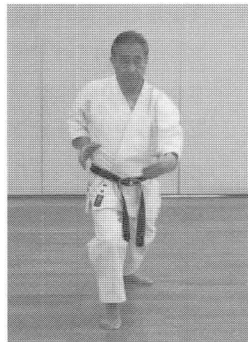
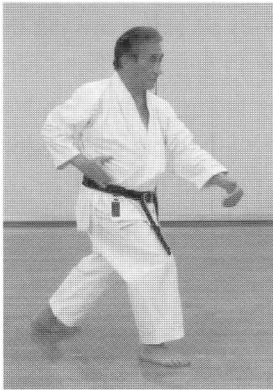


Pull the right foot to the left foot to stand in Heisokudachi. At the same time, swing the left hand upward to strongly hit the right palm against back of the left hand and make a hitting sound.

<Note>

This is called a cheating technique to play a trick on a cat.

【Movement 18-1】

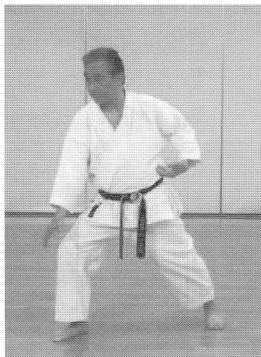
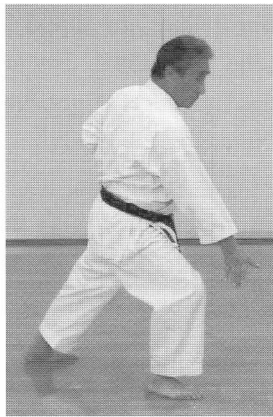


In order to dodge a kick from an opponent, turn the body toward the left, and pull the left foot wide backward (to the northeast). Swing the left hand from ahead to scoop the opponent's leg with left hand, while holding right Hira-Hasamite on the right side of the body.

<Note>

- In Movement 18-1, turn the body toward left to dodge kick from an opponent, while trying to scoop the opponent's kicking leg with left hand.

【Movement 18-2】

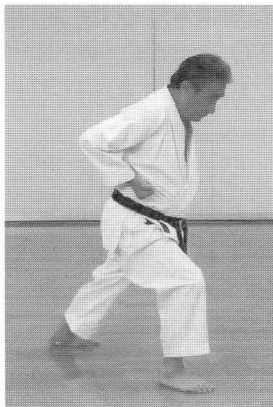


In scooping motion, raise the opponent's leg up along the right side of the body toward the chest. Apply Right-Hira-Hasamite to the inner side of the femoral region, and strike it downward.

<Note>

- While scooping opponent's kicking leg with left hand, hold his/her thigh's inner part and strike him/her down to the floor.

【Movement 19-1】



Clench both fists and pull them to each side of the body.

【Movement 19-2】



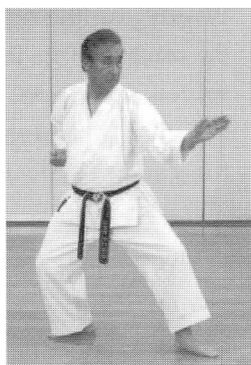
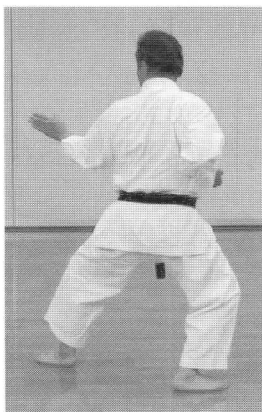
Execute Morote (Two-handed) Gedanzuki.

Movements 18 and 19 are in continuous motion.

<Note>

- Execute Two-handed Gedanzuki, Seiken with left fist on top and Uraken with right fist. The palms of both fists face each other.
- The hitting target is right under the body.

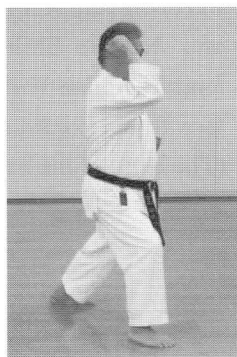
【Movement 20】



Pivoting on the right foot, turn body toward the northwest, and stand in Left-Mahanmi-Nekoashi-dachi.

Execute Left-Kakete-Chudan-Sotouke. The right fist is pulled to the right side of the chest.

【Movement 21】



Move the right foot a step forward (toward the northwest) and stand in Right-Zenkutsudachi. Simultaneously, execute Jodan-Nagashiuke with the right hand (the back of the hand facing front). The left fist is pulled to the left side of the chest in Hikite.

<Note>

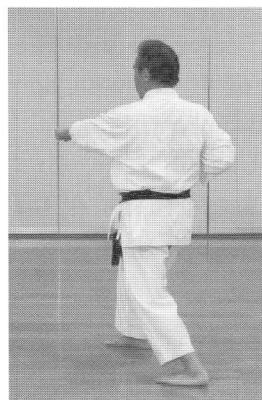
- In Right-Jodan-Nagashiuke, the palm of right hand faces downward.

【Movement 22】



While standing in Shikodachi at the position, execute Right-Gedanbarai. The left fist remains the same at the left side of the chest in Hikite.

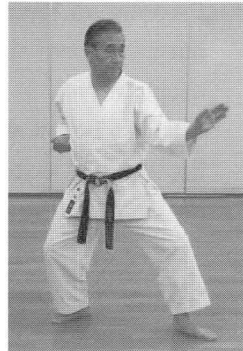
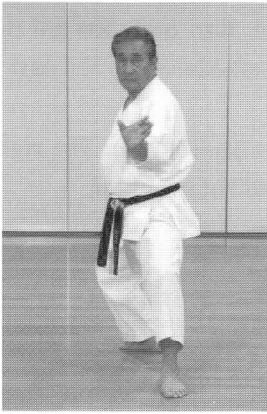
【Movement 23】



Pulling the right foot northwest, stand in Right-Tate-Seishandachi. At the same time, execute Left-Chudan-Gyakuzuki. The right fist is pulled to the right side of the chest.

Movements 21 through 23 are in continuous motion.

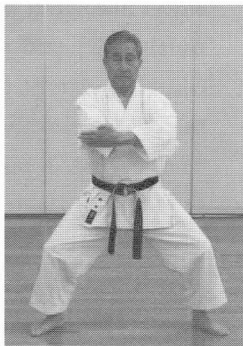
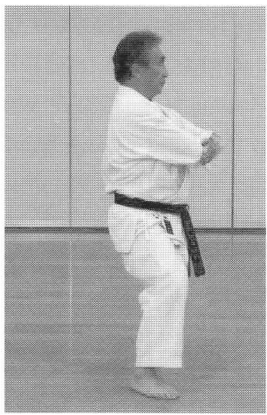
【Movement 24】



Pivoting on the right foot, turn the body toward the south (to face front) and stand in Left-Mahanmi-Nekoashidachi.

Execute Left-Kakete-Chudan-Soto-Uke. The right fist is pulled to the right side of the chest.

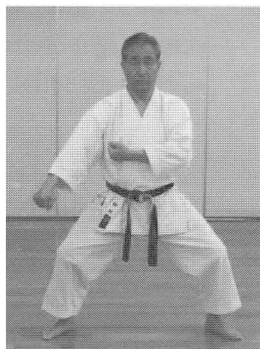
【Movement 25】



Pivoting on left foot, turn the body to right and stand in Shikodachi, facing east. Execute Right-Chudan-Hijiate against the left palm. The face fronts toward the east.

(The back of the hand facing the front)

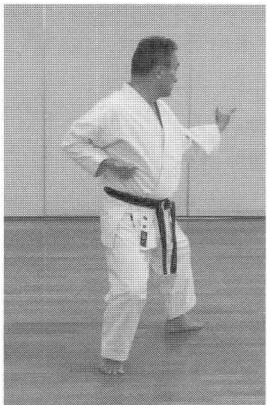
【Movement 26】



Execute Kentsui-Gedan-Uchi in the lower right direction with right Kentsui. Hold the left forearm in front of the chest.

Execute Movements 25 and 26 continuously.

【Movement 27】

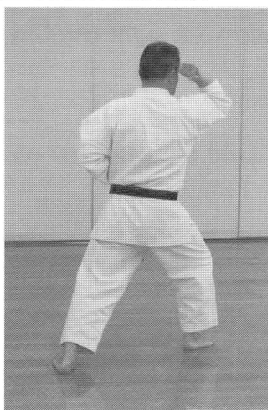


Pivoting on the right foot, move the left foot northeast (in the direction of 45 degrees), and stand in Left-Mahanmi-Nekoashidachi.

Execute Left-Chudan-Kake-Uke.

The right fist is pulled to the right side of the chest in Hikite.

【Movement 28】



Pivoting on the left foot, move the right foot toward the northeast, and stand in Right-Zenkut-sudachi. Execute Right-Jodan-Nagashi-Uke with the back of the right hand facing front. The left fist is pulled to the left side of chest in Hikite.

<Note>

- In Right-Jodan-Nagashi-Uke, right Palm faces downward.

【Movement 29】



Stand in Shikodachi at the position.

Execute Right-Gedanbarai.

The left fist remains the same in Hikite.

【Movement 30】

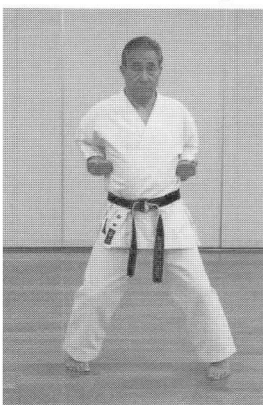


Stand in Right-Tate-Seishandachi at the position, and at the same time, execute Left-Chudan-Gyakuzuki.

The right fist is pulled back to the right side of the chest.

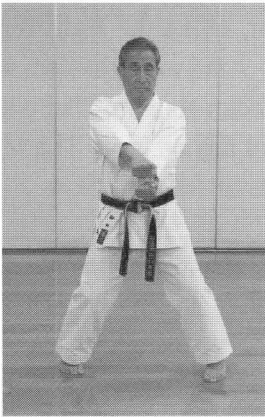
Execute from Movements 28 to 30 continuously.

【Movement 31-1】



Pivoting on the left foot, turn the body to left to face the south (front) and stand in Left-Yoko-Seishandachi. Pull both fists to each side of the body.

【Movement 31-2】

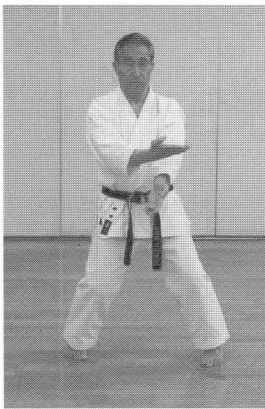


Execute Two-handed-Chudan-Morotezuki with right hand in Seiken and left hand in Urazuki.

<Note>

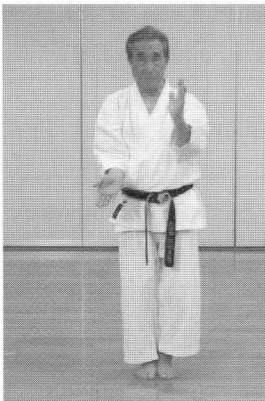
- In Two-handed-Chudan-Morotezuki, hold the right fist on top, and both palms face each other.

【Movement 32-1】



Opening both hands, change both fists to both Shuto.

【Movement 32-2】



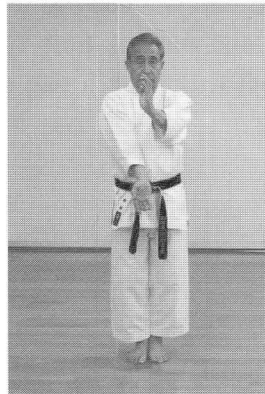
Pull the left foot to the right foot, and stand in Heisokudachi. Pull the right hand downward to the right side of the waist (fingers are facing down), and pull the left hand upward to the left side of the chest.

(Fingers are facing up. The palms are facing south.)

<Note>

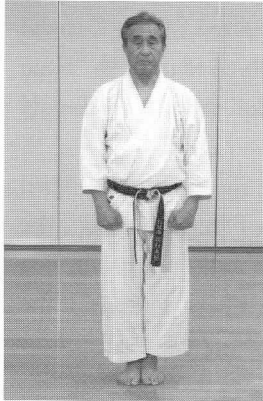
- This is the motion for the technique called “Mawashi-Uke”.

【Movement 32-3】

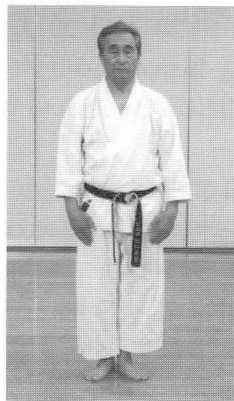


Slowly push out the left Shuto to the upper chest, and slowly push out the right palm to the lower Chudan.

[Yame]



[Naore]



<Yame/Stop>

Lower the fists naturally so that they could be in front of the thighs.

Stand in Heisokudachi. Return to Ready 2 position.

<Naore/Stand>

Same as in PINAN SHODAN.

Open both hands and place them in front of thighs, touching the thighs lightly.

Stand in Musubidachi.