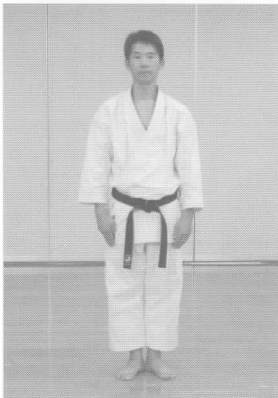
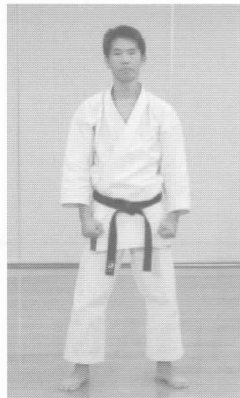


PINAN GODAN

【Ready 1】



【Ready 2】



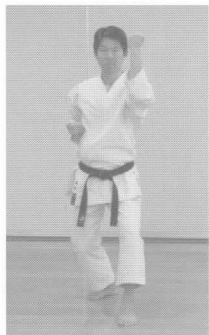
<Ready1>

The same as in PINAN SHODAN.

<Ready2>

The same as in PINAN SHODAN.

【Movement 1】



Turn the body to the east (the left) and stand in Left-Mami-Nekoashidachi, and at the same time, execute Left-Jodan-Sotouke. Right fist is held at right side of the chest.

<Note>

- Execute as in PINAN SANDAN Movement 1.

【Movement 2】



Execute Right-Chudan-Gyakuzuki. Left fist is pulled to the left side of the chest.

Movements 1 and 2 are in continuous motion.

【Movement 3】

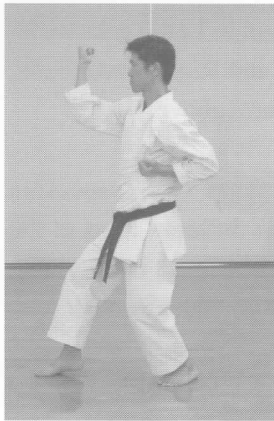


Draw right foot toward left foot and turn the body to face south (the front), and stand in Musubidachi. With the palm of left fist facing downward, hold forearm horizontally in front of, and paralleled with, the face of the chest.

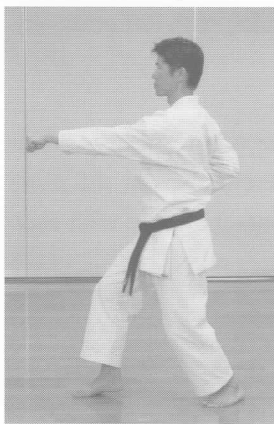
Take a standing posture, keeping the forearm apart from the body. Right fist is held at right side of the chest.

<Note>

- Being different from PINAN YODAN Movement 5, keep left forearm apart a little from the body.

【Movement 4】

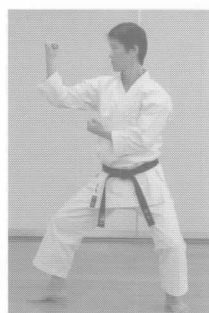
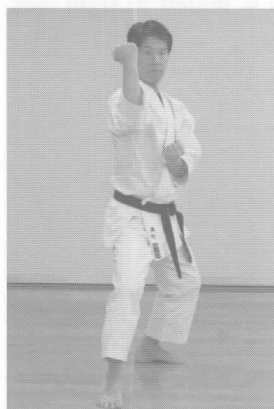
Turn the body toward the west (right), and stand in Right-Mami-Nekoashidachi. At the same time, execute Right-Jodan-Sotouke. Left fist is pulled to left side of the chest.

【Movement 5】

Execute Left-Chudan-Gyakuzuki. Right fist is pulled to right side of the chest. Movements 4 and 5 are in continuous motion.

【Movement 6】

Draw left foot toward right foot, and turn the body to face south (the front), and stand in Musubidachi. With the palm of right fist facing downward, hold forearm horizontally in front of, and paralleled with, the face of the chest. Take a standing posture, keeping the forearm apart from the body. Left fist is held at left side of the chest.

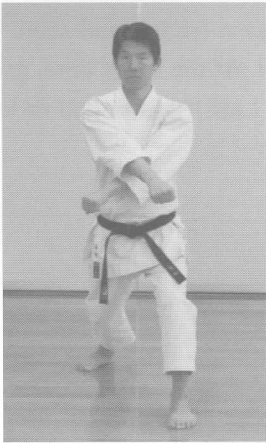
【Movement 7】

Move right foot a step forward (the south) and stand in Right-Hanmi-Nekoashidachi. At the same time, execute Right-Jodan-Sotouke. Left fist is held in front of the chest.

<Note>

- Nekoashidachi in this occasion (Movement 7) is executed in HANMI.

【Movement 8】

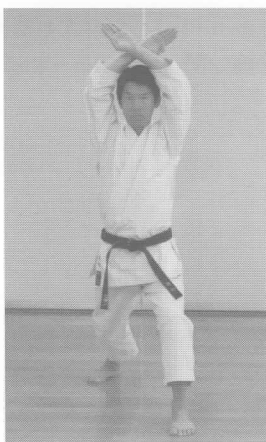


Move left foot a step forward and stand in Left-Zenkutsudachi. At the same time, execute Left and Right-Gedanbarai, having crossed both arms with right arm above.

<Note>

- The Movements 8 means to execute two respective Gedanbarais by two (left and right) different arms at the same time. Both arms do not come in contact closely with each other, but they just touch lightly with each other.

【Movement 9】



Execute Left and Right-Shuto-Jodanuke, with left arms outwards.

<Note>

- The Movement 9 means to execute two respective Jodanukes by two (left and right) different arms at the same time. Both arms do not come in contact closely with each other, but they touch lightly with each other.

【Movement 10】

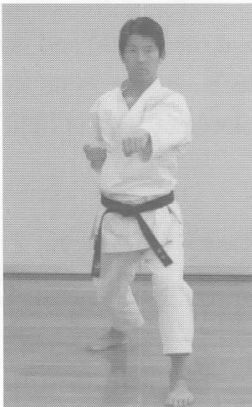


Right Shuto (with forearm twisted outwards and with palm facing upward) and Left-Shuto (with palm facing downward) cross each other (left forearm above), and execute Left and Right-Chudan-Otoshiuke.

<Note>

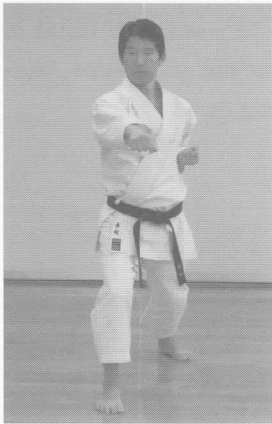
- The Movement 10 means to execute two respective Chudanukes by two (left and right) different arms at the same time. Both arms do not come in contact closely with each other, but they touch lightly with each other.
- Do not place both hands lower than both elbows.

【Movement 11】



Execute Left-Chudanzuki. Right fist is pulled to right side of the chest.

【Movement 12】



Move right foot a step forward and stand in Right-Zenkutsudachi, and at the same time, execute Right-Chudanzuki. Left fist is pulled to left side of the chest. Movements 8 to 12 are in continuous motion.

【Movement 13-1】

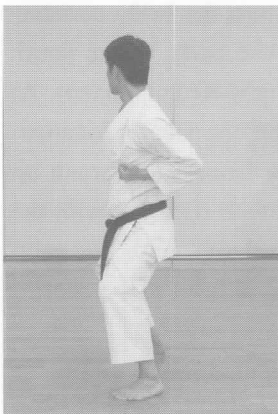


Pivoting on left foot, turn the body counterclockwise.

<Note>

- Perform with intent to draw in an opponent's attack.

【Movement 13-2】

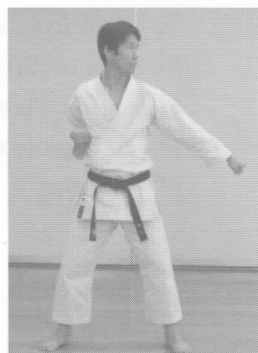
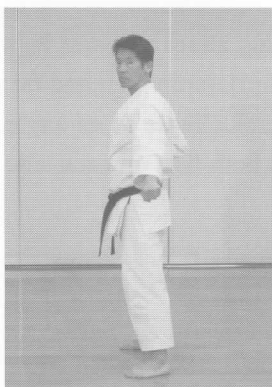


Move right foot toward north (back front) and stand in Right-Shikodachi. At the same time, execute Right-Gedanbarai. Left fist is held at left side of the chest.

<Note>

- To turn the body, do not get out of the center of gravity. It is not good to incline the upper body in turning out of balance.
- Bring right fist up toward right ear to parry/ward off an opponent's Jodanzuki.

【Movement 14】



Draw left foot, and stand in wider Hachijidachi. At the same time, execute Left-Chudanbarai. Right fist is pulled to right side of the chest.

<Note>

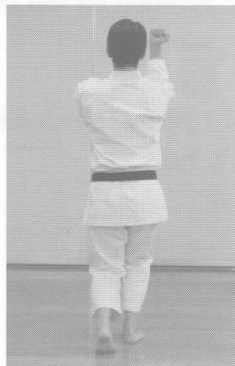
- Movement 14 means to draw in opponent's Chudanzuki and parry it sideways with left fist.

【Movement 15】



Move right foot a step forward, and stand in Right-Zenkutsudachi. At the same time, execute Right-Chudan-Hijiatae on left palm.

【Movement 16】



Draw left foot near diagonally left behind the right heel and stand on left tiptoes. At the same time, execute Right-Jodan-Sotouke. With the palm of left fist facing downward, hold forearm horizontally in front of, and paralleled with, the face of the chest. Left fist touches lightly at right elbow point.

【Movement 17】

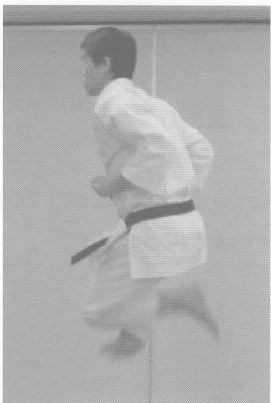


Pivoting on right foot, turn the body counter-clockwise and incline the body to the south (front), and stand in Right-Kokutsudachi. At the same time, draw in an opponent's Jodanzuki from the north (back front) and thrush up an opponent in the face with right fist with the palm facing upward. Left fist, with the palm facing downward, is held in front of the chest.

<Note>

- Dodge a stick attack against Jodan, and at the same time, make a counterblow on another opponent in the rear.

【Movement 18-1】



To avoid from a sweeping attack on your legs from the north (north front), jump high and far, turning the body counterclockwise at an angle of 180 degrees and with both fists on each side of the chest.

【Movement 18-2】

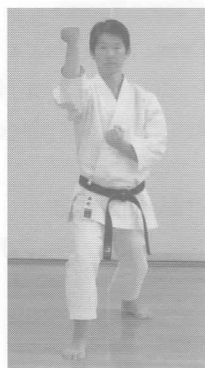
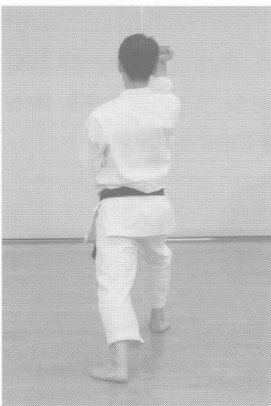


Land onto the floor on tiptoes, with right foot in front. At the same time execute Left and Right-Gedanuke, crossing both arms in front of the chest, with right arms above. Movements 13~18 are in continuous motion.

<Note>

- Hold the upper body upright.
- Set left foot behind right foot, with both feet rather wide apart. Bend both knees to the full.

【Movement 19】

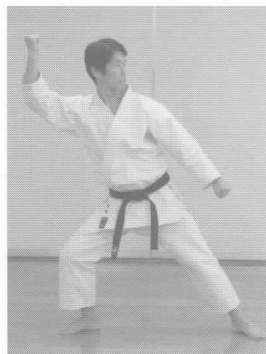
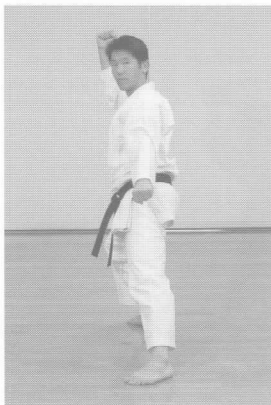


Pivoting on left foot, turn the body clockwise and move right foot toward the north (back front), and stand in Zenkuzudachi. At the same time, execute Right-Jodan-barai-Sotouke. Left fist is held in front of the chest.

<Note>

- Being different from PINAN SHODAN Movement 20, twist the waist to the north (back front) to the full. Execute Jodan-Sotouke by use of body-turning-force.

【Movement 20】

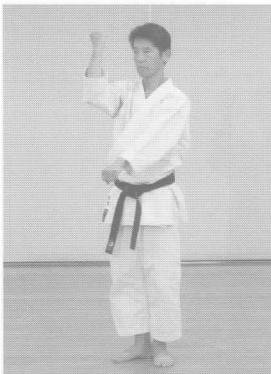


Against Jodanzuki from the south (front), turn the body counterclockwise and incline the body toward the north (right back). Stand in Right-Kokutsudachi, and at the same time, take a posture with right fist in Jodan and with left fist in Gedan.

<Note>

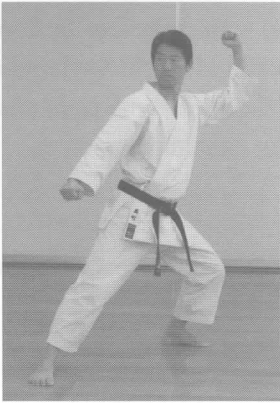
- Hold right forearm at the height of the shoulder horizontally. The inclined body, right forearm and left arm are obliquely in parallel with one another. As a KATA movement, this is a posture. But it is required to be able to cope with any situations, defensive or offensive.

【Movement 21】



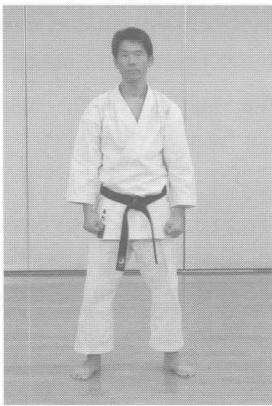
Draw left foot toward right foot and turn the body toward southwest (at an angle of 45 degrees), and stand upright.

【Movement 21-2】

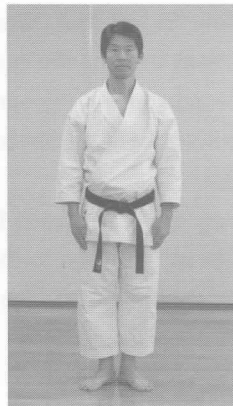


Immediately, move right foot a step forward, and incline the body toward northeast, and stand in Left-Kokutsudachi. At the same time, take a posture with left fist held at Jodan and right fist at Gedan.

【Yame/Stop】



【Naore/Stand】



<Yame/Stop>

Draw right foot a little and, facing the south (the front), stand in Hachijidachi. Lower both fists naturally and place them in front of thighs.

<Naore/Stand>

The same as in PINAN SHODAN.

