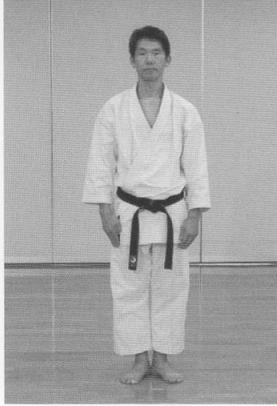
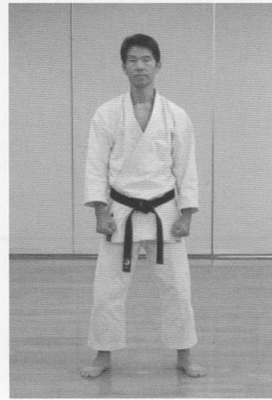


PINAN NIDAN

【Ready 1】



【Ready 2】



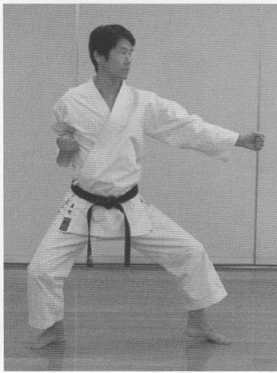
<Ready 1>

Same as in PINAN SHODAN.

<Ready 2>

Same as in PINAN SHODAN.

【Movement 1】



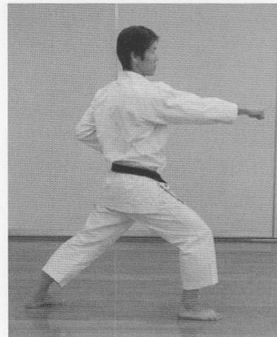
Move left foot toward east (left), and stand in Left-Mahanmi-Nekoashidachi. At the same time, raise left fist before the forehead, and describe an arc in the air in a barge way, and execute Left-Kentsui-Chudan-Otoshiuke.

Right fist is held at right side of the chest.

<Note>

- To execute Otoshiuke, make use of a bit of the body lowering force, and make a defensive move at slightly lower position.
- As for HIKITE, pull the right fist right backwards.

【Movement 2】



Move right foot a step forward, and stand in Right-Zenkutsudachi. At the same time, execute Right-Chudanzuki. Left fist is pulled to left side of the chest.

【Movement 3-1】



Pivoting on left foot, pull in right foot.

<Note>

- Aim at drawing an opponent's attack into your side.

【Movement 3-2】



Immediately turn the body rightward to face the west, and stand in Right-Zenkutsudachi. At the same time, execute Right-Gendanbarai.

Left fist remains in the same position.

<Note>

- Drawing in an attack from the east, turn the body quickly to face west, and parry an attack from that direction.
- Don't move only by means of legs. Do move by good use of the whole body.

【Movement 4】



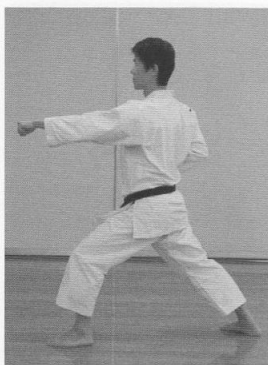
Pull back right foot a little, and stand in Right-Hanmi posture. At the same time, execute Right-Kentsui-Chudan-Otoshiuke.

Left fist remains in the same position.

<Note>

- This is a technique to draw in an attack from west (the right) and execute Otoshiuke with right fist.
- Twist the right elbow inward, and get right fist down from in front of the jaws to the height of the pit of the stomach, and parry an attack.

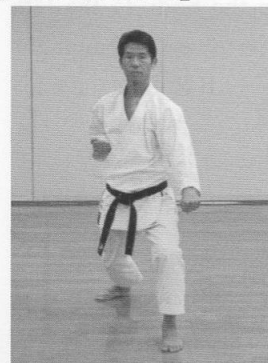
【Movement 5】



Move left foot a step forward, and stand in Left-Zenkutsudachi.

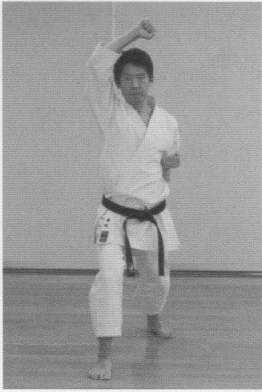
Right fist is held at right side of the chest.

【Movement 6】



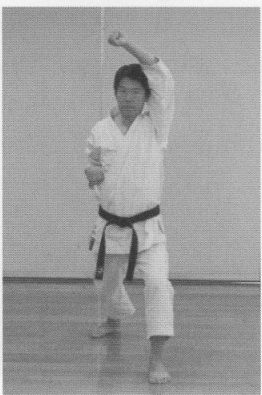
Pivoting on right foot, turn the body to the left and move left foot to south (the front). Stand in Left-Zenkutsudachi, and at the same time, execute Left-Gedanbarai. Right fist remains the same.

【Movement 7】



Move right foot a step forward, and stand in Right-Zenkutsudachi. At the same time, execute Right-Jodanuke. Left fist is held at left side of the chest.

【Movement 8】



Move left foot a step forward, and stand in Left-Zenkutsudachi. At the same time, execute Left-Jodanuke. Right fist is held at right side of the chest.

【Movement 9】



Move right foot a step forward, and stand in Right-Zenkutsudachi. At the same time, execute Right-Jodanuke. Left fist is held at left side of the chest.

【Movement 10】



Pivoting on right foot, turn the body to the left and move left foot toward northwest (at an angle of 225 degrees), and stand in Left-Zenkutsudachi. At the same time, execute Left-Gedanbarai. Right fist is pulled to right side of the chest.

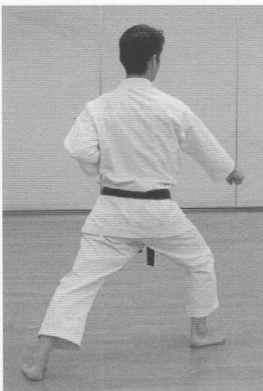
[Movement 11]



Move right foot a step forward, and stand in Right-Zenkutsudachi.

At the same time, execute Right-Chudanzuki. Left fist is pulled to left side of the chest.

[Movement 12]



Pivoting on left foot, turn the body to the right and move right foot toward northeast (at an angle of 90 degrees), and stand in Right-Zenkutsudachi. At the same time, execute Right-Gedanbarai. Left fist remains in the same position.

[Movement 13]



Move left foot a step forward, and stand in Left-Zenkutsudachi. At the same time, execute Left-Chudanzuki. Right fist is pulled to right side of the chest.

[Movement 14]

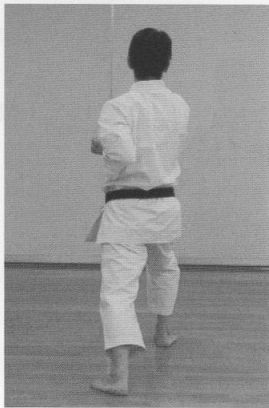


Pivoting on right foot, turn the body to the left and move left foot toward north (right back), and stand in Left-Zenkutsudachi.

At the same time, execute Left-Gedanbarai.

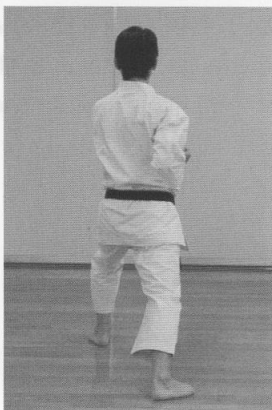
Right fist remains in the same position.

【Movement 15】



Move right foot a step forward, and stand in Right-Zenkutsudachi. At the same time, execute Right-Chudanzuki. Left fist is pulled to left side of the chest.

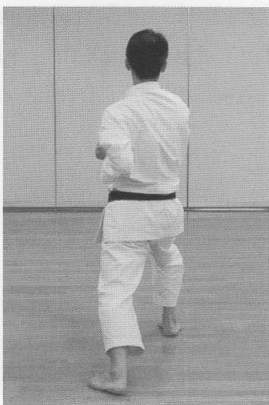
【Movement 16】



Move left foot a step forward, and stand in Left-Zenkutsudachi.

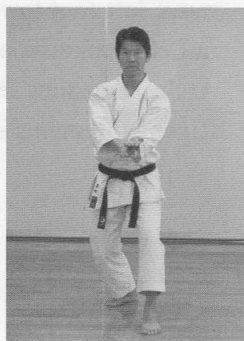
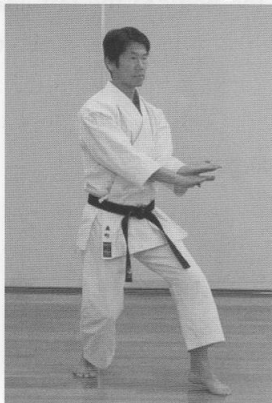
At the same time, execute Left-Chudanzuki. Right fist is pulled to right side of the chest.

【Movement 17】



Move right foot a step forward, and stand in Right-Zenkutsudachi. At the same time, execute Right-Chudanzuki. Left fist is pulled to left side of the chest.

【Movement 18-1】

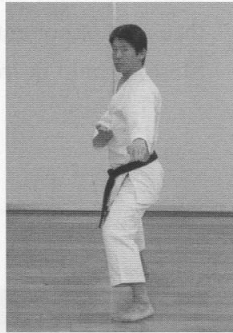


Pivoting on right foot, turn the body to the left toward southeast (at an angle of 225 degrees) and move left foot toward the same direction, landing with toes on the floor. Hold both hands in front of the body, with left Shuto (palm facing upward) above right Shuto (palm facing downward).

<Note>

- In turning the body, maintain the center of gravity in the same position. Don't pull in left foot toward right foot.
- Turn the front of the body, both Shutoes and left toes to face toward a target to thrust at.

[Movement 18-2]



Stand in Left-Shikodachi and at the same time, thrust at opponent's side with Left-Nukite. Right Shuto is held in front of the chest.

<Note>

- Ward off opponent's attack at the rear and thrust at the opponent's side with left Nukite (palm facing downward).
- In movement 18, act smoothly without a hitch or a halt in midcourse.

[Movement 19-1]



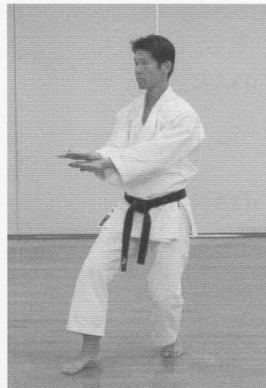
Move right foot a step forward, and make a posture holding both hands together in front of the chest, with right Shuto (palm facing upward) above left Shuto (palm facing downward).

[Movement 19-2]



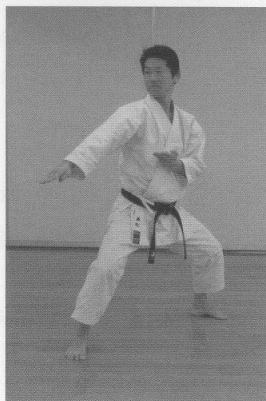
Stand in Right-Shikodachi and, at the same time, thrust at opponent's side with Right-Nukite. Left Shuto is held in front of the chest.

[Movement 20-1]



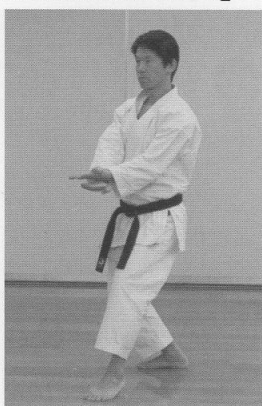
Pivoting on left foot, turn the body to the right toward southeast (at an angle of 90 degrees), make a posture holding both hands together in front of the chest, with right Shuto (palm facing upward) above left Shuto (palm facing downward).

【Movement 20-2】



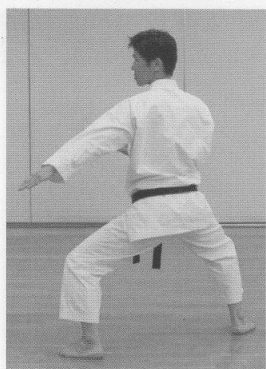
Stand in Right-Shikodachi and, at the same time, thrust at opponent's side with Right-Nukite. Left Shuto is held in front of the chest.

【Movement 21-1】



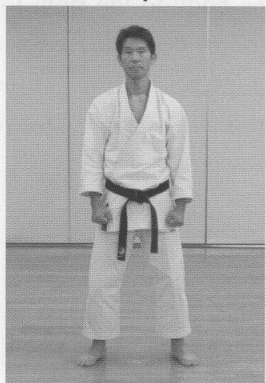
Move left foot a step forward, and make a posture holding both hands together in front of the chest, with left Shuto (palm facing upward) above right Shuto (palm facing downward).

【Movement 21-2】

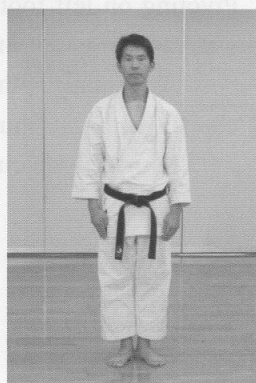


Stand in Left-Shikodachi and, at the same time, thrust at opponent's side with Left-Nukite. Right Shuto is held in front of the chest.

【Yame/Stop】



【Naore/Stand】



<Yame/Stop>
The same as in PINAN SHODAN.

<Naore/Stand>
The same as in PINAN SHODAN.