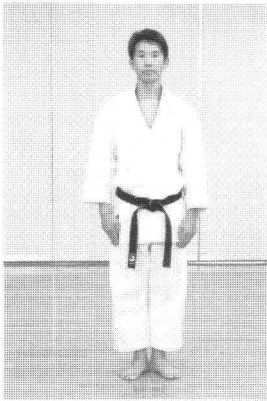
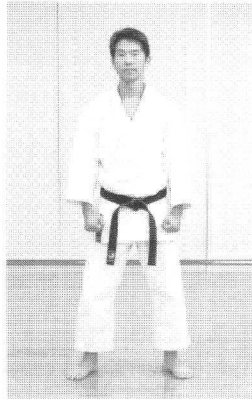


PINAN SANDAN

【Ready 1】



【Ready 2】



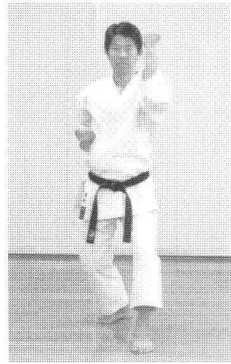
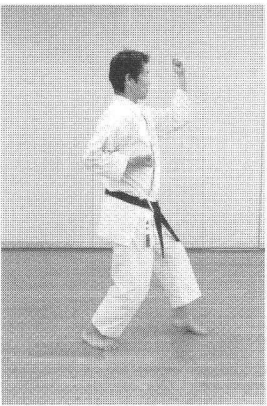
<Ready 1>

The same as in PINAN SHODAN.

<Ready 2>

The same as in PINAN SHODAN.

【Movement 1】



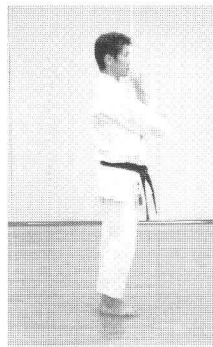
Turn the body to the east (the left) and stand in Left-Mahanmi-Nekoashidachi, and at the same time, execute Left-Jodan-Sotouke.

Right fist is held at right side of the chest.

<Note>

- When standing in Mami-Nekoashidachi, do not move but maintain the center of gravity in the same position.
- Execute Jodan-Sotouke by use of force to turn the body.

【Movement 2】

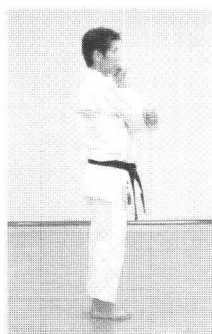
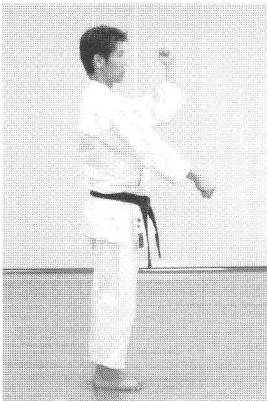


Draw right foot near to left foot and stand in Heisokudachi. Simultaneously execute Right-Jodan-Sotouke and Left-Gedanbarai, after both arms crossing in front of the body (with right arm outwards).

<Note>

- Do not cross both arms closely so as for both elbows to touch with each other.

【Movement 3】



After crossing both arms in front of the chest (with left arm placed outwards and right arm inwards), execute Left-Jodan-Sotouke and Right-Gedanbarai.

【Movement 4】

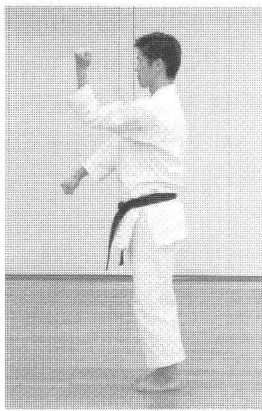


Pivoting on left foot, turn the body to the right toward west (at an angle of 180 degrees) and stand in Right-Mahanmi-Nekoashidachi. At the same time, execute Right-Jodan-Sotouke. Left fist is pulled to the left side of the chest.

<Note>

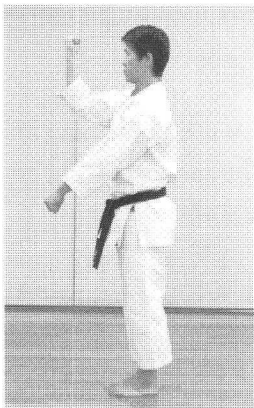
- It is not good to turn the body only after having moved a step forward.

【Movement 5】



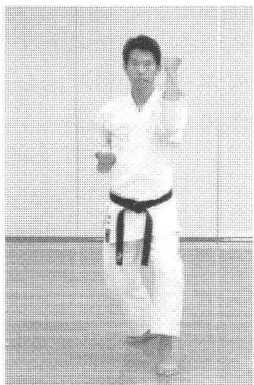
Draw left foot near to right foot and stand in Heisokudachi. Simultaneously execute Left-Jodan-Sotouke and Right-Gedanbarai, after both arms crossing in front of the body (with left arm outwards).

【Movement 6】



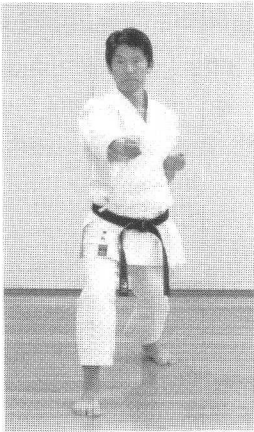
Cross both arms (with right arm placed outwards) in front of the chest, and execute Right-Jodan-Sotouke and Left-Gedanbrai.

【Movement 7】



Pivoting on right foot, turn the body to the left toward south (the front) and stand in Left-Mahanmi-Nekoashidachi. At the same time, execute Left-Jodan-Sotouke. Right fist is pulled to the right side of the chest.

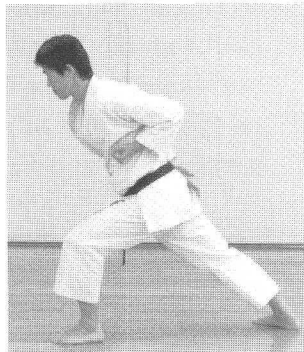
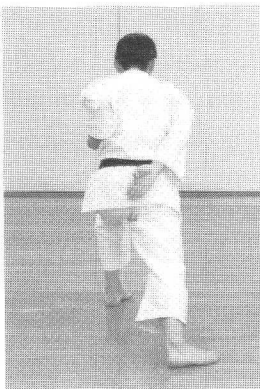
【Movement 8】



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

Simultaneously, execute Right-Nukite-Chudanzuki. Left fist is pulled to the left side of the chest.

【Movement 9】

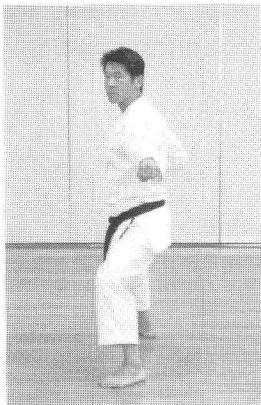


Pivoting on right foot, turn the body counter-clockwise to face north (right back) and simultaneously incline the body fully forward. Twist right hand inward and face the body forward at the back. Pull the back of right hand to reach the coccyx. Left fist remains at the left side of the body.

<Note>

- When an opponent seizes and twists your right wrist, turn your body backward and by use of body inclining force, take off the opponent's grasping hand (or get the opponent out of its shape).
- Move left foot to a position where you will be able to incline your body to the full.

【Movement 10】

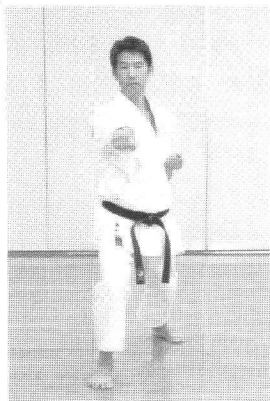


Pivoting on right foot, turn the body toward south (the front) and move left foot to stand in Left-Shikodachi. At the same time, execute Left-Chudanbarai. Right fist is pulled to right side of the chest.

<Note>

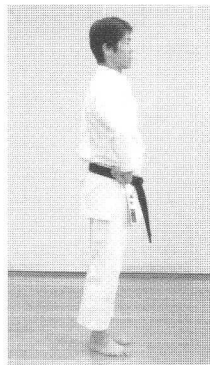
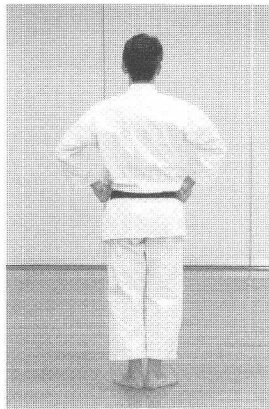
- Taking advantage of opponent's drawing action with your grasped right wrist, get your body close to the opponent.
- At the moment, your right wrist is released from the grasp, parry the attacker's Chudanzuki (or give a side blow at opponent's side).

【Movement 11】



Move right foot a step forward, and stand in Right-Zenkutsudachi. Simultaneously execute Right-Chudanzuki. Left fist is pulled to left side of the chest. Movements 9 ~ 11 are in continuous motion.

【Movement 12】

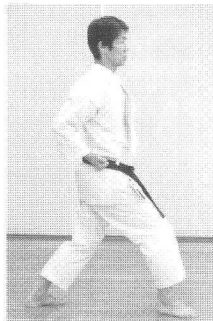
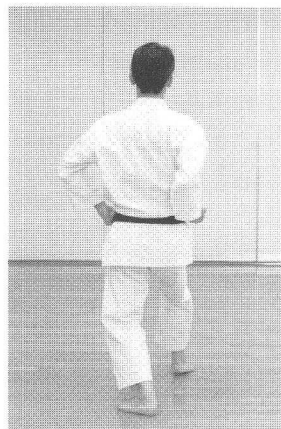


Pulling left foot toward right foot, and turn the body counterclockwise to face the north (right back). Stand in Musubidachi. Make a posture with both fists being held at the wrist and both elbows squaring.

<Note>

- Make a posture so that Both elbows and the chest could be on the same plane.

【Movement 13-1】

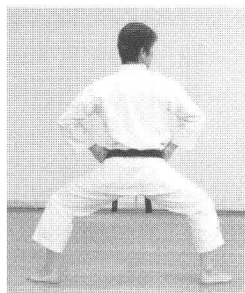
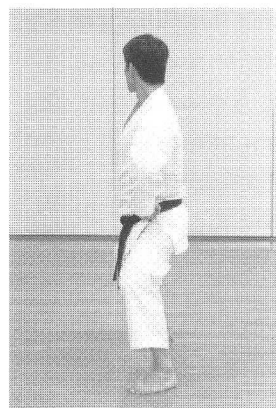


Move right foot a step forward (to the north), and pull right elbow backward.

<Note>

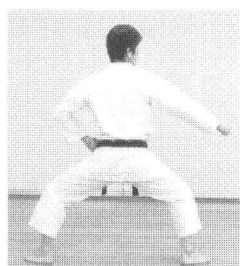
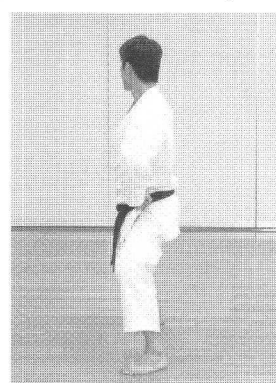
- To perform Hijiuke (a parry by elbow) in Chinto, execute it directly from the posturing position at the waist. But in PINAN SANDAN, perform it in a way to twist the right fist outward till the palm of the fist face upward, in the beginning, and then pull the right elbow backward.

【Movement 13-2】



Stand in Right-Shikodachi, and execute Right-Hiji-Chudanuke.

【Movement 13-3】

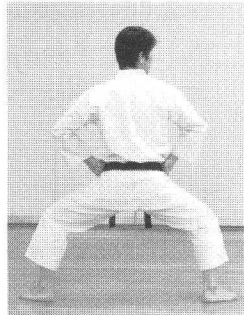
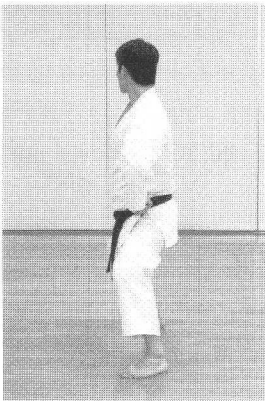


In immediate succession, execute Right-Kentsui-Chudan-Yokouchi.

<Note>

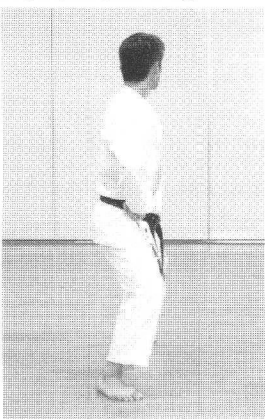
- To execute Kentsui-Chudan-Yokouchi, pull the elbow backward at first, and then, with little-finger-side of the fist, strike a horizontal sidearm blow at opponent's side.

【Movement 13-4】



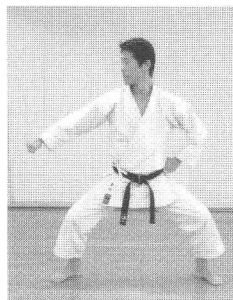
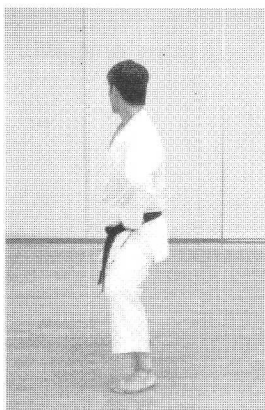
Immediately, hold right fist at the waist.

【Movement 14】



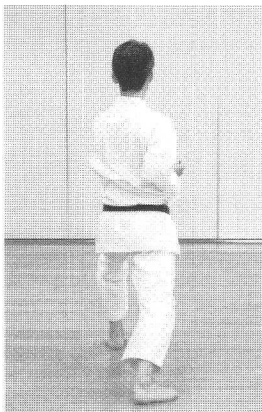
Moving left foot a step forward (toward north), pull left elbow backward and stand in Left-Shikodachi. At the same time, execute Left-Hiji-Chudanuke followed by Left-Kentsui-Chudan-Yokouchi. Immediately, left fist is held at the waist.

【Movement 15】



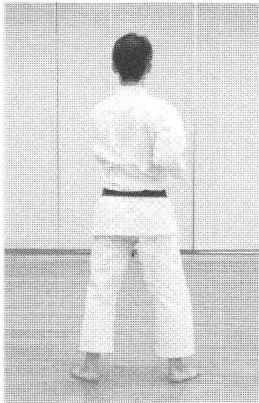
Move right foot a step forward (toward the north), pull right elbow backward and stand in Right-Shikodachi. At the same time, execute Right-Hiji-Chudanuke, followed by Right-Kentsui-Chudan-yokouchi. Right fist is not immediately pulled back, but is maintained in the same position.

【Movement 16】



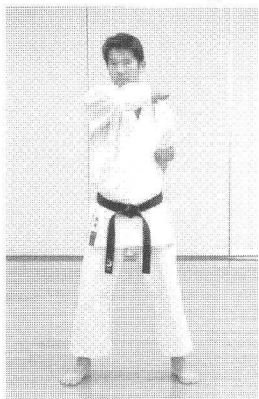
Move left foot a step forward (toward the north), and stand in Left-Zenkutsudachi. At the same time, execute Left-Chudanzuki. Right fist is held at right side of the chest.

【Movement 17】



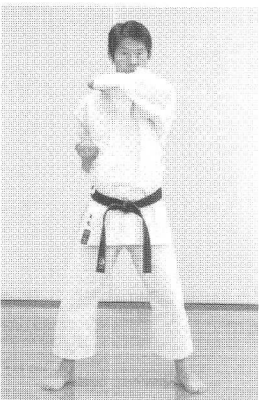
Move right foot toward the right of left foot, and stand in Hachijidachi.

【Movement 17-2】



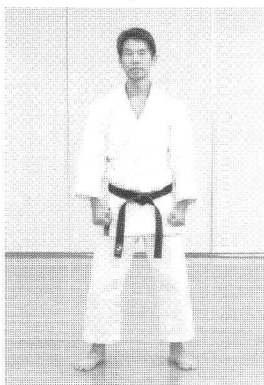
Pivoting on right foot, turn the body counterclockwise to back the south (the front), and stand in wider Hachijidachi. At the same time, twist the upper body to the left, and thrust backward over the left shoulder with right fist. Left fist is pulled to left side of the chest.

【Movement 18】

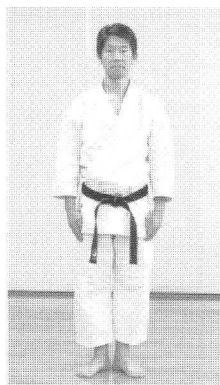


Move right foot toward the west (the right), and stand in wider Hachijidachi. At the same time, twist the upper body to the right, and thrust backward with left fist over the right shoulder. Right fist is pulled to right side of the chest.

【Yame/Stop】



【Naore/Stand】



<Yame/Stop>

Draw right foot a little toward left foot, and stand in Hachijidachi. Lower both fists and place them in front of thighs.

<Naore/Stand>

The same as in PINAN SHODAN.