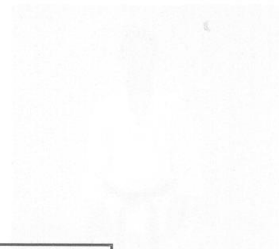
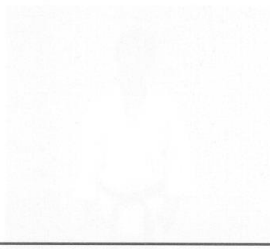


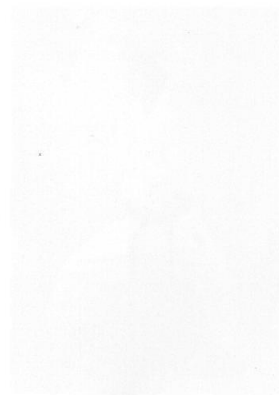
Stand in Hachijushiki (Open both hands and place them in front of thighs)



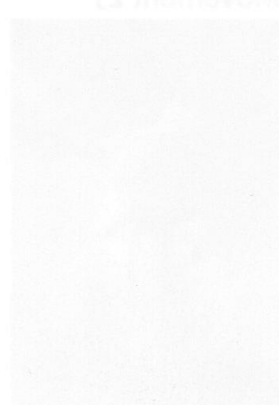
Move left and right feet sideways in the outer

# PINAN SHODAN

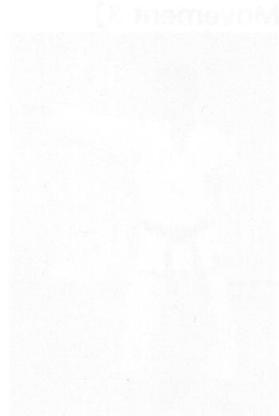
When standing in Matsuri-hachijushiki, execute 1. (2) - (3) - (4) - (5) - (6) - (7) - (8) - (9) - (10) - (11) - (12) - (13) - (14) - (15) - (16) - (17) - (18) - (19) - (20) - (21) - (22) - (23) - (24) - (25) - (26) - (27) - (28) - (29) - (30) - (31) - (32) - (33) - (34) - (35) - (36) - (37) - (38) - (39) - (40) - (41) - (42) - (43) - (44) - (45) - (46) - (47) - (48) - (49) - (50) - (51) - (52) - (53) - (54) - (55) - (56) - (57) - (58) - (59) - (60) - (61) - (62) - (63) - (64) - (65) - (66) - (67) - (68) - (69) - (70) - (71) - (72) - (73) - (74) - (75) - (76) - (77) - (78) - (79) - (80) - (81) - (82) - (83) - (84) - (85) - (86) - (87) - (88) - (89) - (90) - (91) - (92) - (93) - (94) - (95) - (96) - (97) - (98) - (99) - (100)



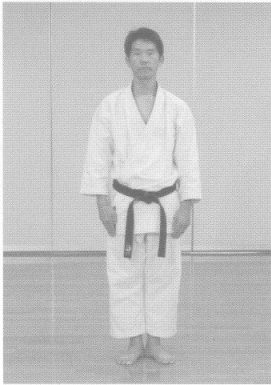
When standing in Matsuri-hachijushiki, execute 1. (2) - (3) - (4) - (5) - (6) - (7) - (8) - (9) - (10) - (11) - (12) - (13) - (14) - (15) - (16) - (17) - (18) - (19) - (20) - (21) - (22) - (23) - (24) - (25) - (26) - (27) - (28) - (29) - (30) - (31) - (32) - (33) - (34) - (35) - (36) - (37) - (38) - (39) - (40) - (41) - (42) - (43) - (44) - (45) - (46) - (47) - (48) - (49) - (50) - (51) - (52) - (53) - (54) - (55) - (56) - (57) - (58) - (59) - (60) - (61) - (62) - (63) - (64) - (65) - (66) - (67) - (68) - (69) - (70) - (71) - (72) - (73) - (74) - (75) - (76) - (77) - (78) - (79) - (80) - (81) - (82) - (83) - (84) - (85) - (86) - (87) - (88) - (89) - (90) - (91) - (92) - (93) - (94) - (95) - (96) - (97) - (98) - (99) - (100)



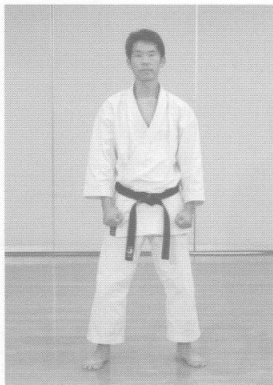
When standing in Matsuri-hachijushiki, execute 1. (2) - (3) - (4) - (5) - (6) - (7) - (8) - (9) - (10) - (11) - (12) - (13) - (14) - (15) - (16) - (17) - (18) - (19) - (20) - (21) - (22) - (23) - (24) - (25) - (26) - (27) - (28) - (29) - (30) - (31) - (32) - (33) - (34) - (35) - (36) - (37) - (38) - (39) - (40) - (41) - (42) - (43) - (44) - (45) - (46) - (47) - (48) - (49) - (50) - (51) - (52) - (53) - (54) - (55) - (56) - (57) - (58) - (59) - (60) - (61) - (62) - (63) - (64) - (65) - (66) - (67) - (68) - (69) - (70) - (71) - (72) - (73) - (74) - (75) - (76) - (77) - (78) - (79) - (80) - (81) - (82) - (83) - (84) - (85) - (86) - (87) - (88) - (89) - (90) - (91) - (92) - (93) - (94) - (95) - (96) - (97) - (98) - (99) - (100)



**【Ready 1】**



**【Ready 2】**



<Ready1>

Stand in Musubidachi. Open both hands and place them in front of thighs.

Standing at the position, make a bow.

<Ready2>

Move left and right feet sideways in that order, and stand in Hachijidachi.

Change open hands to both fists.

**【Movement 1】**

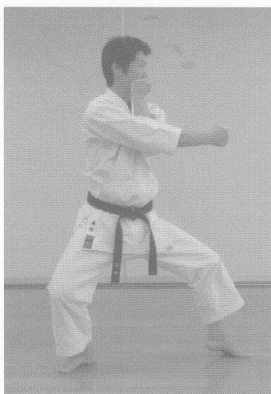


Pivoting on right foot, move left foot, toward east (left) and stand in Left-Mahanmi-Nekoashidachi. At the same time, execute Left-Jodan-Sotouke. Put right fist diagonally above the forehead to protect the head, and on the other hand, make a counterattack as occasion demands.

<Note>

- When standing in Mahanmi-Nekoashidachi, execute Jodan-Sotouke making use of the body-lowering force.
- At the time of standing in Mahanmi-Nekoashidachi, don't get the posture out of the center of gravity.

**【Movement 2】**

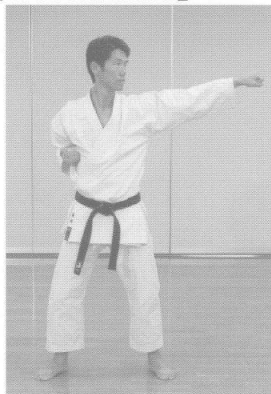


Twist the upper body toward left and keep erecting Left forearm upright. Twist and carry the left fist to the lower part of the right cheek and execute Harai-uke. At the same time, execute Right-Kentsui-Chudan-Otoshiuke with the right fist.

<Note>

- Twist the upper body only. Don't break the lower body posture.
- In executing Chudan-Otoshiuke, get down the closed fist vertically to the lower position than the shoulder.
- Move left arm horizontally, and move right arm vertically.

**【Movement 3】**



Return left foot to the original position, and stand in Hachijidachi. At the same time, execute Left-Kentsui-Jodan-Yokouchi. Right fist pulled to right side of the body. Movements 1 through 3 are in continuous motion.

<Note>

- Make use of moving back body action to stand in Hachijidachi, and execute Left-Yokouchi with Kentsui.
- Execute Left-Yokouchi (give a blow sideways) on the head (at a height of an opponent's ear).

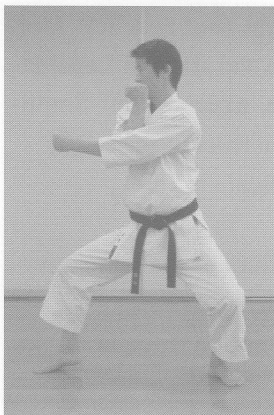
**【Movement 4】**



Move right foot to the west (the right), and stand in Right-Mahami-Nekoashidachi.

At the same time, execute Right-Jodan-Sotouke. Put left fist diagonally above the forehead.

**【Movement 5】**



Twist the upper body toward right and keep erecting right forearm upright. Twist and carry the right fist to the lower part of the left cheek and execute Harai-uke. At the same time, execute Left-Kentsui-Chudan-Otoshiuke.

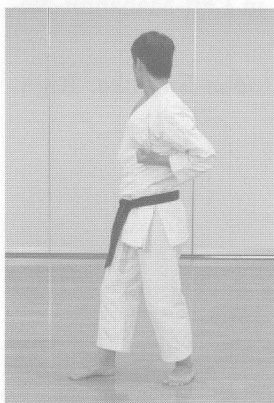
**【Movement 6】**



Return right foot to the original position, and stand in Hachijidachi. At the same time, execute Right-Kentsui-Jodan-Yokouchi. Left fist is pulled to the left side of the body.

Movements 4 through 6 are in continuous motion.

**【Movement 7-1】**



Twisting right fist inward, lower the fist naturally toward right buttock with palm facing outwards, turn the body toward north (right back).

<Note>

- This is a supplementary action to turn the body.

**【Movement 7-2】**



Execute both Right-Jodan-Soto-Uke and Right-Chudan-Yokogeri at the same time.

**【Movement 8】**



After having kicked, place down the right foot near left foot. Move left foot toward the south (the front) and stand in Left-Mahanmi-Nekoashidachi. At the same time, execute Left-Shuto-Jodan-Sotouke. Right Shuto hand is held in front of the chest. Movements 7 and 8 are in continuous motion.

<Note>

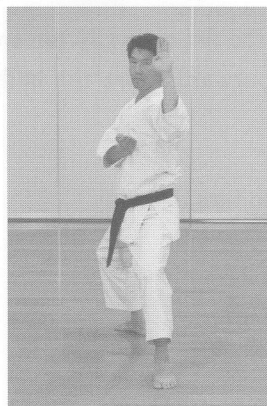
- Both knees in Mahanmi-Nekoashidachi turn to the same direction as respective toes.
- Execute Jodan-Sotouke by use of body motion to stand in Mahanmi-Nekoashidachi.

**【Movement 9】**

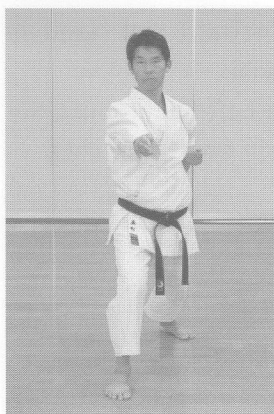


Move right foot a step forward and stand in Right-Mahanmi-Nekoashidachi. At the same time, execute Right-Shuto-Jodan-Sotouke. Left Shuto hand is held in front of the chest.

**【Movement 10】**



Move left foot a step forward and stand in Left-Mahanmi-Nekoashidachi. At the same time, execute Left-Shuto-Jodan-Sotouke. Right Shuto hand is held in front of the chest.

**【Movement 11】**

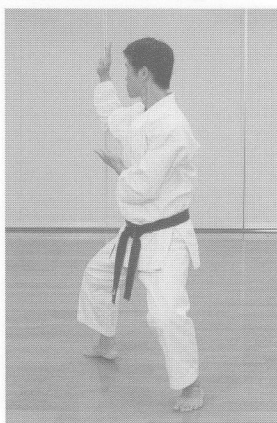
Move right foot a step forward and stand in Right-Zenkutsudachi. At the same time, execute Right-Nukite-Zenkutsudachi. Left fist is set at left side of the chest.

<Note>

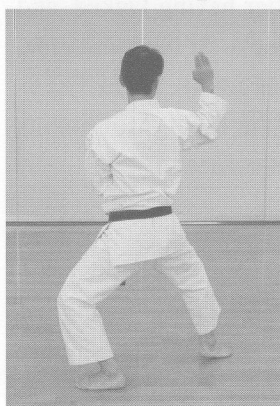
- In executing Nukite, tuck the thumb into palm and stick other neighboring fingers fast with others.
- In executing Nukite, thrust (at on opponent) directly from the original set position.

**【Movement 12】**

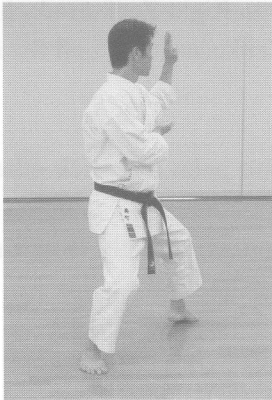
Pivoting on right foot, turn left and move left foot toward north-west (at an angle of 225 degrees), and stand in Left-Mahanmi-Ne-koashidachi. At the same time, execute Left-Shuto-Jodan-Sotouke. Right-Shuto hand is set in front of the chest.

**【Movement 13】**

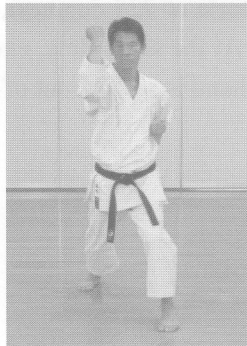
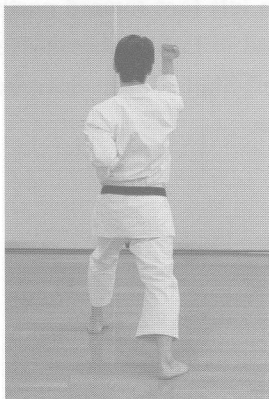
Move right foot a step forward and stand in Right-Mahanmi-Ne-koashidachi. At the same time, execute Right-Shuto-Jodan-Sotouke. Left-Shuto hand is set in front of the chest.

**【Movement 14】**

Pivoting on left foot, turn right and move right foot toward north-east (at an angle of 90 degrees), and stand in Right-Mahanmi-Ne-koashidachi. At the same time, execute Right-Shuto-Jodan-Sotouke. Left-Shuto hand is set in front of the chest.

**【Movement 15】**

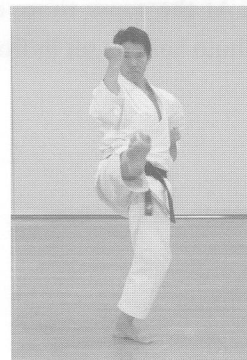
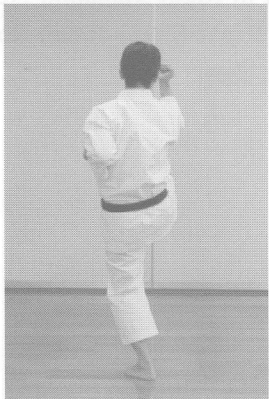
Move left foot a step forward and stand in Left-Mahanmi-Nekoashidachi.  
At the same time, execute Left-Shuto-Jodan-Sotouke. Right Shuto hand is in front of the chest.

**【Movement 16】**

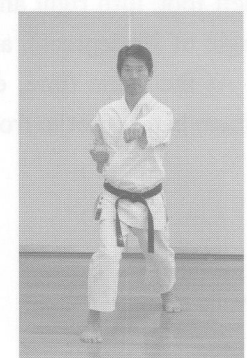
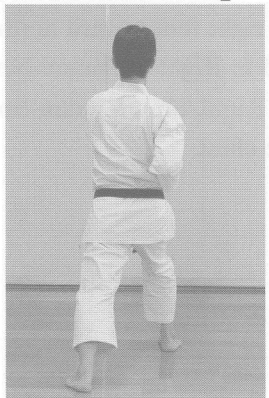
Pivoting on right foot, turn left and move left foot toward north (right back), and stand in Left-Gyakuzukidachi. At the same time, execute Right-Jodan-Sotouke. Left fist is set at the left side of the chest.

<Note>

- In executing Right-Jodan-Sotouke, make use of the left-twisting force of the upper body.

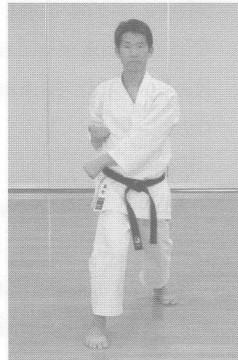
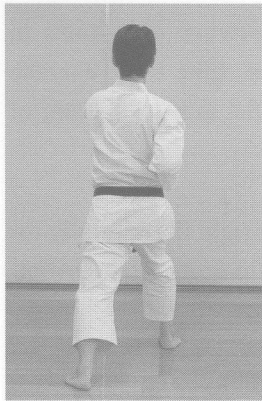
**【Movement 17-1】**

Execute Right-Chudan-Forekick.

**【Movement 17-2】**

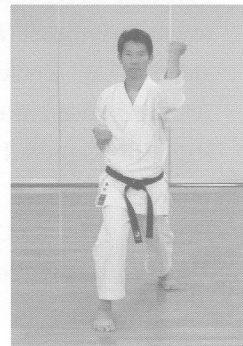
Pull down the right foot after having kicked, and stand in Right-Gyakuzukidachi. At the same time, execute Left-Chudan-Gyakuzuki. Right fist is pulled to the right side of the chest. Movements 16 and 17 are in continuous motion.

**【Movement 18-1】**



Lower left fist naturally toward the right waist.

**【Movement 18-2】**



On the moment, twist the upper body to the right, and execute Left-Jodan-Sotouke. Right fist is held at the right side of the chest.

<Note>

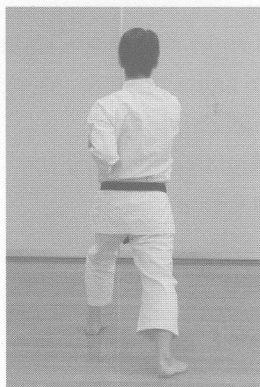
- In executing Left-Jodan-Sotouke, make use of right-twisting force of the upper body.

**【Movement 19-1】**



Execute Left-Chudan-Forekick.

**【Movement 19-2】**

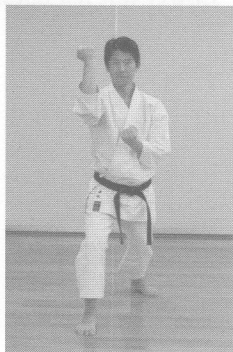


Pull down the left foot after having kicked, and stand in Left-Gyakuzukidachi.

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

Movements 18 and 19 are in continuous motion.

## 【Movement 20】

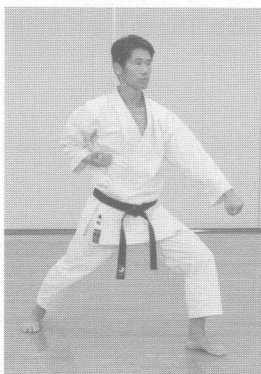


Move right foot a step forward and stand in Right-Zenkutsudachi. At the same time, execute Right-Jodan-Sotouke. Left fist is held in front of the chest.

<Note>

- As the body moves, lower right fist naturally toward left waist, and then execute Right-Jodan-Sotouke. Left fist acts in concert with right fist.
- The move of waist is the same as in Junzuki.

## 【Movement 21】



Pivoting on right foot, turn left and move left foot toward southeast (at an angle of 225 degrees), and stand in Left-Zenkutsudachi.

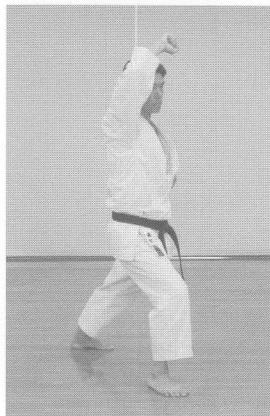
At the same time, execute Left-Jodan-Barai. Right fist is pulled to the right side of the chest.

<Note>

Don't turn by foot.

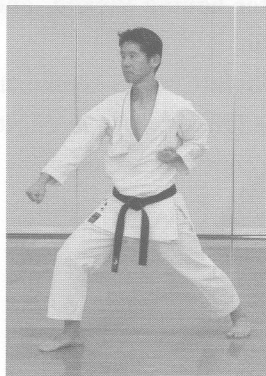
Turn on the pivot of the body.

## 【Movement 22】



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

## 【Movement 23】

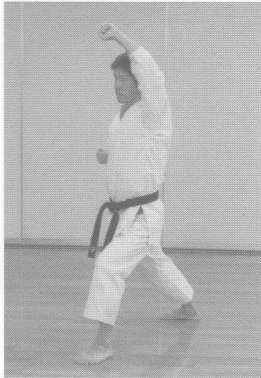


Pivoting on left foot, turn right and move right foot toward southwest (at an angle of 90 degrees), and stand in Right-Zenkutsudachi.

At the same time, execute Right-Gedan-Barai.

Left fist remains the same position.

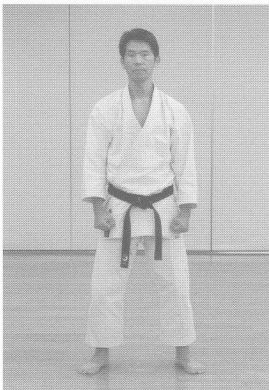
**【Movement 24】**



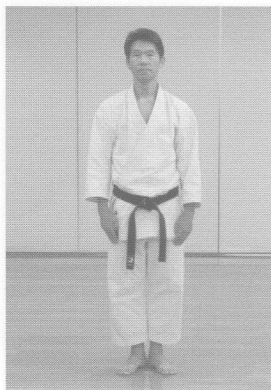
<Movement 24>

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

**【Yame/Stop】**



**【Naore/Stand】**



<Yame/Stop>

Pull left foot, and stand in Hachijidachi facing the south (the front).

At the same time, lower both fists naturally toward the front of thighs.

<Naore/Stand>

Pull left foot, then right foot, and stand in Musubidachi. At the same time, open both hands, straighten all fingers and stick neighboring fingers fast with others. Place them in front of thighs.

Standing at the position, make a bow.