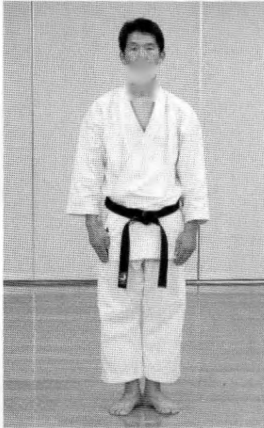


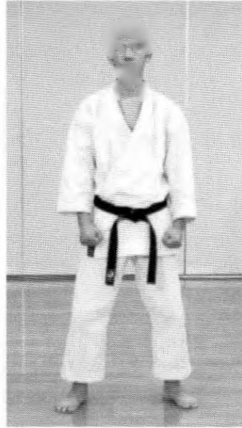
# PINAN YODAN

## PINAN YODAN

**[Ready 1]**



**[Ready 2]** \



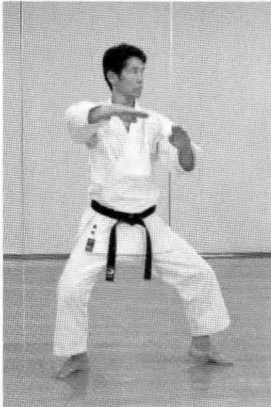
<Ready1>

The same as in PINAN SHODAN.

<Ready2>

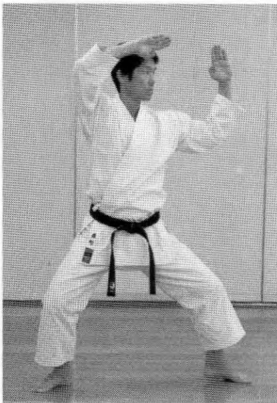
The same as in PINAN SHODAN.

**[Movement 1-1]**



Move left foot toward the east (the left).

**[Movement 1-2]**



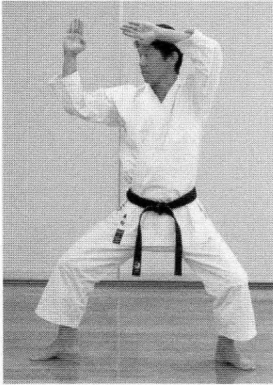
Stand in Left-Mahanmi-Nekoashidachi and, at the same time, execute Left-Haishu-Jodan-Sotouke. Right Shuto is held in front of the forehead.

**[Movement 2-1]**



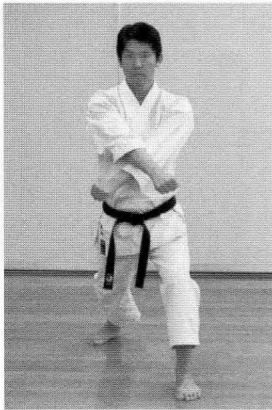
Return Left foot to where it was, and move right foot toward the west (the right).

[Movement 2-2]



Stand in Right-Mahani-Nekoashidachi and, at the same time, execute Right-Haishu-Jodan-Sotouke. Left-Shuto is held in front of the forehead.

[Movement 3]

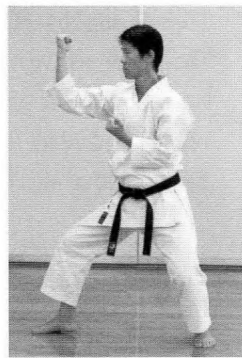
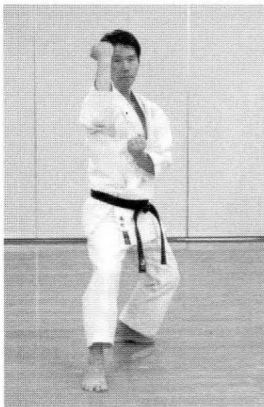


Return right foot to where it was, and move left foot toward the south (the front). Stand in Left-Zenkutsudachi, and at the same time, execute Left and Right-Gedanuke, crossing both arms with right arm above.

<Note>

- The Gedan-Uke in Movement 3 in PINAN YODAN is meant to execute respective left and right Gedanuke together at the same time. Both arms do not contact closely, but touch slightly with each other.

[Movement 4]



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

<Note>

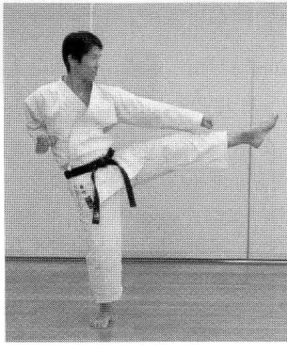
- Nekoashidachi in Movement4 is in Hanmi stance.

[Movement 5]



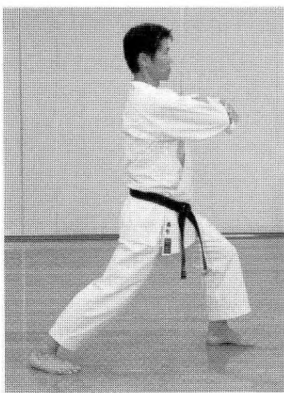
Draw left foot toward right foot and stand in Heisokudahci. Left fist is held with palm-side facing downward, and the left forearm is held horizontally in front of, and is paralleled with, the chest, and also it lightly touches the chest. Right fist is held at the right side of the chest.

**[Movement 6]**



Execute Left-Chudanbarai and Left-Chudan-Yokogeri simultaneously.

**[Movement 7]**

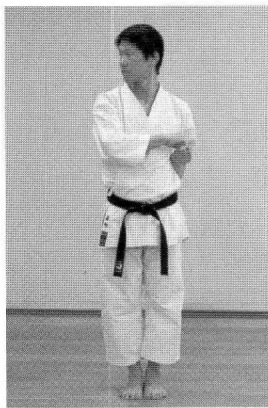


Bring down left foot (which was used for kicking) in front, and stand in Left-Gyakuzukidachi, and at the same time, execute Right-Chudan-Hijiate on left palm. Movements 6 and 7 are in continuous motion.

<Note>

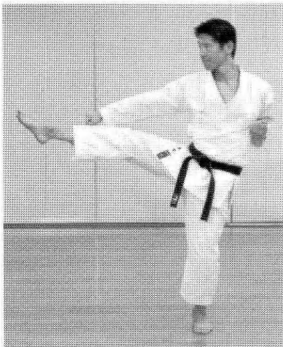
- To execute Hijiate (elbow-hitting), twist the waist to the full.
- To execute Hijiate, the palm-side of the fist for elbow hitting faces inwards.

**[Movement 8]**



Draw right foot toward left foot, and stand in Heisokudachi. Right fist is held with palm-side facing downward, and the right forearm is held horizontally in front of, and is paralleled with, the chest, and also it lightly touches the chest. Left fist is held at the left side of the chest.

**[Movement 9]**



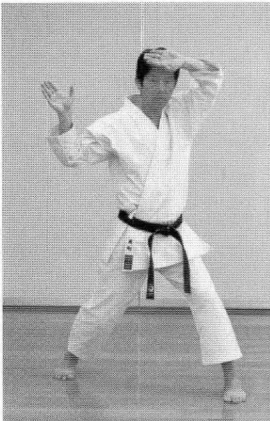
Toward the west (right), execute Right-Chudanbarai and Right-Chudangeri.

**[Movement 10]**



Bring down right foot in front and stand in Right-Gyakuzukidachi. At the same time, execute Left-Chudan-Hijiata on right palm. Movements 9 and 10 are in continuous motion.

**[Movement 11-1]**



Pivoting on right foot, turn the body counterclockwise and move left foot slightly.

**[Movement 11-2]**

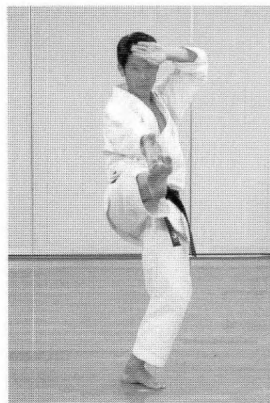


Turn the body to the south (the front) and twist the upper body toward left, and execute Right-Kaishu-Chudanbarai. Left-Shuto is held in front of the forehead.

<Note>

- Stand in an application of Gyakuzuki-Tsukkomidach. The center of gravity is in the center of both feet.
- Make efforts not to open the forefoot as much as possible.
- Make right hand open so as to be able to grasp opponent's wrist sideways.

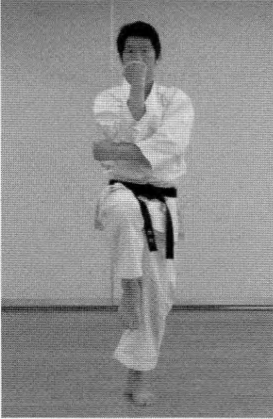
**[Movement 12-1]**



Execute Right-Chudan-Maegeri.

## PINAN YODAN

### [Movement 12-2]

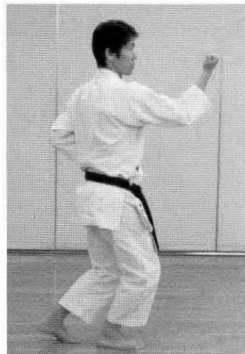
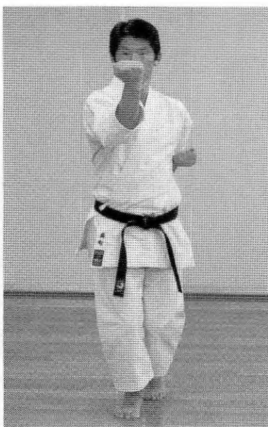


In succession, change the open left hand to a clenched fist and twisting it inward, execute Left-Chudan-Otoshiuke. At the same time, take an Urauchi posture with right fist placed in front of the chin.

<Note>

- To execute Chudan-Otoshiuke, perform it by force of the waist returning to the front.

### [Movement 12-3]

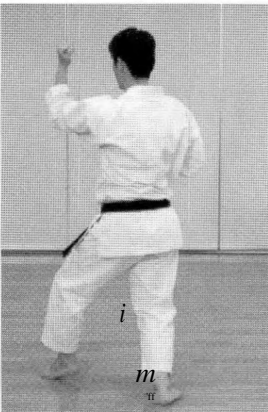


Bring down right foot in front and jump toward the front (south). Draw left foot to diagonally left behind the right heel and stand on left tip toes. At the same time, execute Right-Urauken-Jodanuchi. Left fist is held at left side of the chest. Movements 11 and 12 are in continuous motion.

<Note>

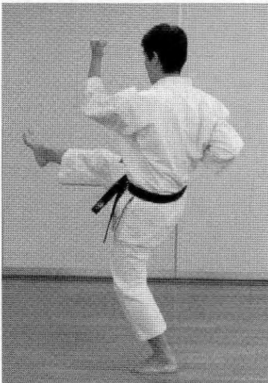
- To execute Urauken-Jodanuchi, strike a blow down on opponent's face from before one's own chin.
- For Hikite after executing Chudan-Otoshiuke, draw left fist horizontally on the abdomen.

### [Movement 13]

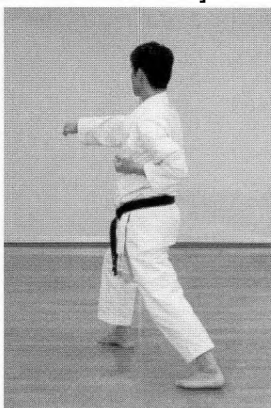


Pivoting on right foot, turn the body counterclockwise and move left foot toward northwest (at an angle of 225 degrees). At the same time, stand in Left-Mami-Nekoashidachi, and execute Left-Jodan-Sotouke. Right fist is pulled to right side of the body.

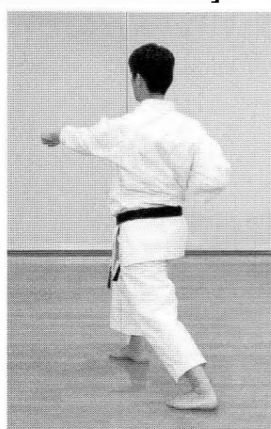
### [Movement 14-1]



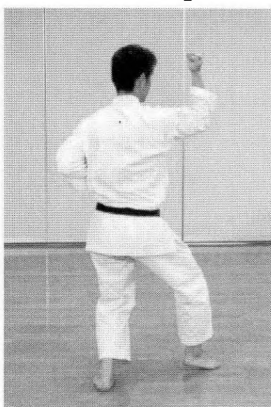
Execute Right-Chudan-Maegeri.

**[Movement 14-2]**

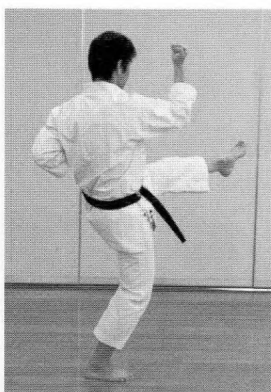
Bring down right foot in front and stand in Right-Gyakuzukidachi, and execute Right-Chudanzuki. Left fist is pulled to left side of the body.

**[Movement 14-3]**

In succession, execute Left-Chudan-Gyakuzuki. Right fist is pulled to right side of the body. Movements 13 and 14 are in continuous motion.

**[Movement 15]**

Pivoting on left foot, turn the body clockwise and move right foot toward northeast (at an angle of 90 degrees). At the same time, stand in Right-Mami-Nekoashidachi, and execute Right-Jodan-Sotouke. Left fist is pulled to left side of the body.

**[Movement 16-1]**

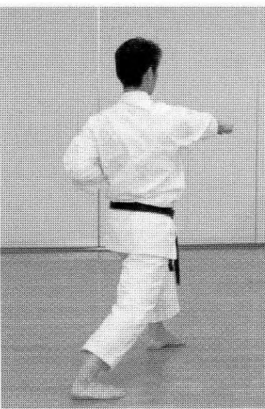
Execute Left-Chudan-Maegeri.

[Movement 16-2]



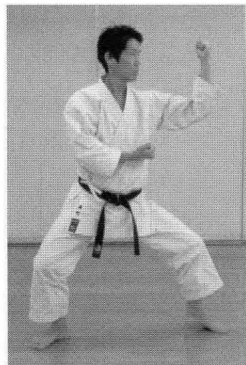
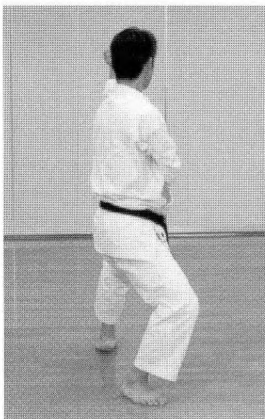
Bring down left foot in front and stand in Left-Gyakuzukidachi, and execute Left-Chudanzuki. Right fist is pulled to right side of the body.

[Movement 16-3]



In succession, execute Right-Chudan-Gyakuzuki. Left fist is pulled to left side of the body. Movements 15 and 16 are in continuous motion.

[Movement 17]



Pivoting on right foot, turn the body counterclockwise and move left foot toward north (right back). Execute Left-Mahanmi-Nekoashidachi, and at the same time, execute both Left-Jodan-Sotouke and Right-Chudan-Otoshiuke.

<Note>

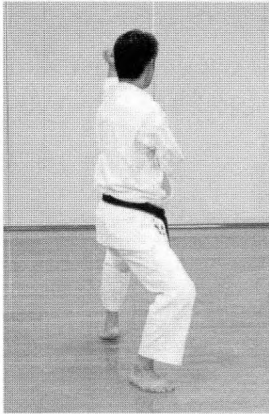
- To execute Chudan-Otoshiuke, use the outside of forearm, and do not let the fist down lower than elbow.

[Movement 18]



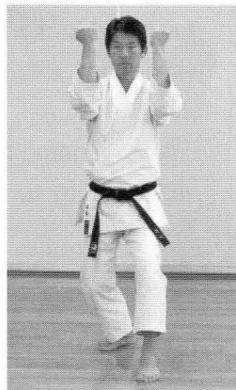
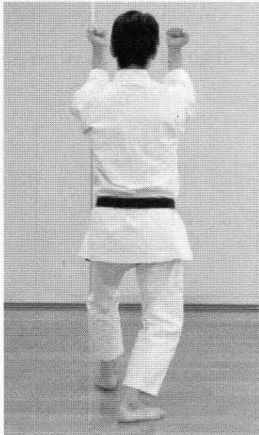
Move right foot a step forward, and stand in Right-Mahanmi-Nekoashidachi, and simultaneously, execute both Right-Jodan-Sotouke and Left-Chudan-Otoshiuke.

**[Movement 19]**



Move left foot a step forward and stand in Left-Mahanmi-Nekoashidachi. At the same time, execute both Left-Jodan-Sotouke and Right-Chudan-Otoshike.

**[Movement 20-1]**

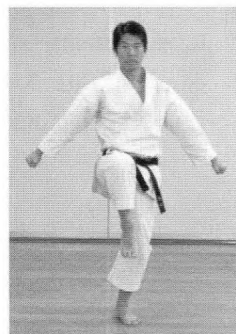


Maintaining left arm as it is, turn the body toward north (right back), and draw left foot to stand in Left-Mami-Nekoashidachi. At the same time, execute Right-Jodan-Sotouke, with right arm having passed through from the outside of left elbow.

<Note>

- To execute Jodan-Sotouke, by force of turning the body toward the front, ward off opponent's attack toward outer-side.

**[Movement 21]**

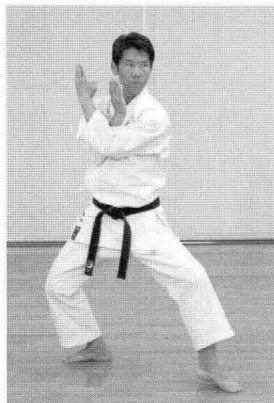


Pull down both fists obliquely lower toward each side of the body (both palms face each other), and at the same time, execute Right-Chudan-Hizageri.

<Note>

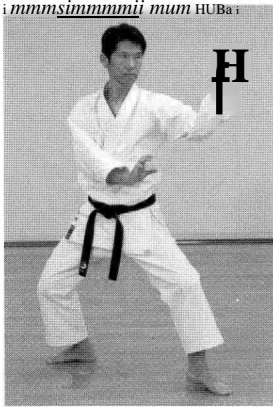
- In Movement 21, seize on opponent by the arms (or by the collar, etc.), and pull them down. Simultaneously, execute Hizageri (knee-hitting).

**[Movement 22-1]**



Twisting right leg inwards, bring down the big toe and the second finger of right foot, at the side of left foot, and pivoting on right foot, turn the body counterclockwise and move left foot toward southeast (at an angle of 225 degrees). Cross both arms with left arm outwards.

**[Movement 22-2]**

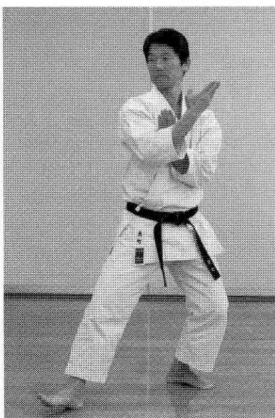


Stand in Left-Mahanmi-Nekoashidachi, and at the same, execute both Left-Kakete-Jodan-Sotouke, and Right-Kakete-Chudan-Otoshiuke simultaneously.

<Note>

- To execute Left-Kakete-Jodan-Sotouke, ward off (a thrust) sideways, and to execute Right-Kakete-Chudan-Otoshiuke, strike down (a thrust) vertically.

**[Movement 23-1]**

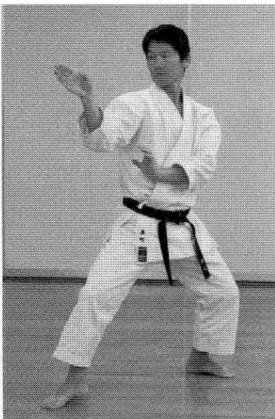


Take down the heel of left Nekoashi onto the floor, and move the heel of right foot in a large way toward southeast (at angle of 90 degrees).

<Note>

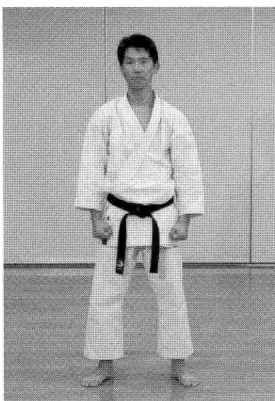
- When moving right foot, land the heel first, and followed by the toes and sole of the foot.

**[Movement 23-2]**

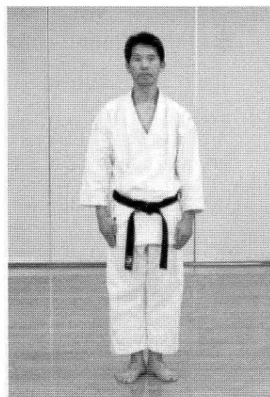


Immediately draw left foot near and stand in Right-Mahanmi-Nekoashidachi. At the same time, crossing both arms with right arm outwards, execute both Right-Kakete-Jodan-Sotouke and Left-Kakete-Chudan-Otoshiuke.

**[Yame/Stop]**



**[Naore/Stand]**



<Yame/Stop>

Return left foot obliquely backward and draw right foot to stand in Hachijidachi. At the same time, place both fists in front of thighs.

<Naore/Stand>

The same as in PINAN SHOD AN.