

## **PINAN 2**

**Preliminaries Kiotsuke: Come to attention, the left foot slides to the right so the feet are together. Rei:  
Bow**

**Open the Kata School Seal: Make a fist with the right hand and put it against the open left hand. Open both hands and face them out. Then face both hands in. Then do a double down block as you step left foot into a kiba dachi.**

### **Moves 1-3**

1. Shift to a right wideback, back of fists together chambered on right, right on top. Strike with both hands to the left – right in a high block, left in the middle block.
2. Lift the left elbow as you strike it with the right pinky side of the first.
3. Do a left hammerfist, fist facing down.

### **Moves 4-6**

4. Shift to a left wideback, chamber both hands on the left, left on top. Do a left high block and a right middle block to the right side.
5. Do an elbow block with the right arm, do an uppercut under the elbow block with left hand
6. Do a right hammer fist with the right side fist.

### **Moves 7 - 8**

7. Pull the right foot back as you pivot  $\frac{1}{4}$  turn to the right to a neko stance (right foot on ball of foot next to left foot.) Chamber the right fist, put the left fist on top of the right (palm to palm).
8. Right side kick with a right backfist, step down into right wideback, left foot forward, right hand is on the right side, left hand in knife hand prep position.

### **Moves 9 - 12**

9. Double knife hands to the left (do not step or shift your weight.)
10. Step with the right foot into a left wideback and do double knife hands to the right.
11. Step with the left foot into a right wideback as you do double knife hands to the left.
12. Step right into a zen and do a right nukite (spearhand) as you deflect with the left forearm.

### **Moves 13 - 14**

13. Look over your right shoulder. Even though you take a quick look over your right shoulder, you will turn to your LEFT. This will be a three quarters turn (270 degrees) again, just like pinan one. Twist by crossing the left foot behind the right foot, then untwist to the left. This time you will unwind into a wide back stance (weight is on left leg), while you do a double knife hand strike to the left. Your left hand and left leg will be in front. For the knife hand strike, your left hand will be out at shoulder level and your right hand will be in front of your belt.
14. Step forward with the right foot on a 45 degree angle and do another double knife hand strike to the right. End in a right wide back stance (weight is on right leg), with your right hand and right foot forward.

### **Moves 15 - 16**

15. Look over your right shoulder. This is the way you will turn. Pull the right foot back, and chamber your right hand on your left shoulder. Turn and slide the right foot toward the right forward, all the way to where it was on the previous move, ending in a right wide back stance. As you move, do a double knife hand strike to the right. (Weight is on the left leg.) Your right hand and right foot will be forward.
16. Step left on a 45 degree angle into a left wide back stance, as you do one more double knife hand strike to the left. (Weight is on the right leg.) You will end with your left hand and left leg forward.

### **Moves 17 - 18**

17. Keep the left hand in the knife position and you pull your left foot back to the right, then do  $\frac{1}{4}$  turn to the left and put the left foot forward into a zen. As you do this your right hand does a sweep block under the left elbow, then a right middle block.
18. Do a right snap kick and step forward into a zen (right foot forward.)

### **Moves 19 - 21**

19. Do a left punch (do not step.)
20. Do a left middle block (do not step.)
21. Do a left snap kick and step forward.

### **Moves 22 - 23**

22. Do a right punch (do not step.)
23. Step with the right foot and do a right augmented middle block.

### **Moves 24 - 25**

24. Look over the left shoulder, cross the left foot behind the right and do a  $\frac{3}{4}$  turn to the left, end in a left forward fighting stance at a 45 degree angle as you do a left low block.
25. Step right into a zen and do a right high block.

### **Moves 26 - 27**

26. Do a  $\frac{1}{4}$  turn to the right as you step to a right zen with the right foot as you do a right low block.
27. Step left and do a left high block.

### **Close the kata**

**Pull the left foot in to touch the right, and turn to face the front. Bring the hands together, for the school seal again. First facing in, then out, then in once more. Bow.**