

# Pinan One

## 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 1-2

1. Take the right foot up to the left as you do a 1/4 turn to the left and then slide it back. End in forward fighting stance with the left foot forward. Do a left low block at the same time. Your right foot will move both in and back, and you will end with your left hand and left foot forward.
2. Do a crescent step with the right foot as you do a right punch. You will step with your right foot so that you end with your right hand and right foot forward in a right forward fighting stance. Target for the punch is the solar plexus.

## Moves 3-5. (This is all that the gold belts will need.)

3. Look over your right shoulder behind you. This is the way you will turn. Pull the right foot back as you bring the right hand to the left shoulder. Do a half turn (180 degrees) to the right, to end in a right forward fighting stance with a right low block. Your right hand and your right foot will be moving as you turn and then do the low block. End with the right hand and right foot forward.
4. Without stepping, shift from your forward fighting stance back to a wide back stance. At the same time, do a hammer fist strike with the right hand (same hand as you used for the low block). To perform the hammer fist strike, pull your fist back towards your belt as you shift your stance, and strike down. Your target for the strike is at shoulder level.
5. Step with your left foot and punch left, ending in a forward fighting stance. Your left hand and left foot will be forward at the end. Target for the punch is the solar plexus.

## Moves 6-9

6. Look over your left shoulder. This is the way you will turn. Pull the left foot back, and bring your left hand to your right shoulder as do a quarter turn (90 degrees) to the left. Then step out with your left foot into a forward fighting stance and do a left low block as you step. You will end in a forward fighting stance with your left foot and left leg forward.
7. Step right and do a right high block. End in a right forward fighting stance with your right arm and right foot forward.
8. Step left and do a left high block. End in a left forward fighting stance with your left arm and left foot forward.

9. Step right and do a right high block with a kiai (YELL.) End in a right forward fighting stance with your right hand and right foot forward.

#### **Moves 10-11**

10. 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). Twist by crossing the left foot behind the right foot, then un-twist to the left. The feet do not move after you've crossed them, your body just pivots to unwind the twist. As you untwist, you will also do a left low block. After the twist, you will end up in a left forward fighting stance, with your left arm and left leg forward.
11. Step right and punch right. End in a right forward fighting stance with your right arm and right leg forward. Target for the punch is the solar plexus.

#### **Moves 12-13**

12. Look over your right shoulder behind you. This is the way you will turn. Pull the right foot back as you bring the right hand to the left shoulder. Do a half turn (180 degrees) to the right, to end in a right forward fighting stance with a right low block. Your right hand and your right foot will be moving as you turn and then do the low block. End with the right hand and right foot forward. This is exactly the same movement as you did in move 3.
13. Do a crescent step with the left foot as you do a left punch. You will step with your left foot so that you end with your left hand and left foot forward in a right forward fighting stance. Target for the punch is the solar plexus.

#### **Moves 14-17**

14. Look over your left shoulder. This is the way you will turn. Pull the left foot back, and bring your left hand to your right shoulder as do a quarter turn (90 degrees) to the left. Then step out with your left foot into a forward fighting stance and do a left low block as you step. You will end in a forward fighting stance with your left foot and left leg forward. This is the same movement you did in move 6.
15. Step right and punch right. End in a right forward fighting stance with your right arm and right leg forward. Target for the punch is the solar plexus.
16. Step left and punch left. End in a left forward fighting stance with your left arm and left leg forward. Target for the punch is the solar plexus.
17. Step right and punch right, this time with a kiai. End in a right forward fighting stance with your right arm and right leg forward. Target for the punch is the solar plexus.

#### **Moves 18-19**

18. 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 move 10. Twist by crossing the left foot behind the right foot, then un-twist 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.

19. 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 20-21**

20. 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 left leg.) Your right hand and right foot will be forward.
21. 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.

#### **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.