

PINAN ONE (Pinan Shodan)

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1. *Attention stance.*
2. Step out with right foot into *ready stance*.
3. Head turn left. Step left into *front facing horse stance*, executing **left down block-strike** to side.
4. Turn left 90° into *left cat stance*, simultaneously executing **left downward circular hammerfist strike**. (see #3)
5. Step right foot forward into *right front stance* and execute **right front middle punch**.
6. Look right. Turn right 90°. Step with right foot into *front facing horse stance* and execute **right low block-strike** to side.
7. Turn right 90° into *right cat stance*, simultaneously executing **right downward circular hammerfist strike**.
8. Step forward into *left front stance* and execute **left middle punch**.
9. Step counter-clockwise 90° into *left front stance*, (pivoting on right foot), simultaneously executing **left down block**.
10. Step forward into *right front stance*, simultaneously executing **right high block**.
11. Step forward into *left front stance*, simultaneously executing **left high block**.
12. Step forward into *right front stance*, simultaneously executing **right high block**.
13. Turn counterclockwise 225°, (pivoting on right foot,) into *left front stance*, simultaneously executing **left low block**.
14. Step forward into *right front stance*, simultaneously executing **right high punch**. ***KIAI!***
15. Step clockwise 90°, (pivoting on left foot), into *right front stance*, simultaneously executing **right down block**.
16. Step forward into *left front stance*, simultaneously executing **left high punch**. ***KIAI!***
17. Step counter-clockwise 45°, (pivoting on right foot), into *left front stance*, simultaneously executing **left low block**.
18. Step forward into *right front stance*, simultaneously executing **right middle punch**.
19. Step forward into *left front stance*, simultaneously executing **left middle punch**.
20. Step forward with right foot into *right front stance*, simultaneously executing **right middle punch**
21. Turn counter clockwise 225°, (pivoting on right foot), into *left cat stance* and execute **left low double shuto blocks**.
22. Step forward into *right cat stance* and execute **right low double shuto blocks**.
23. Step 90° clockwise into *right cat stance*, (pivoting on left foot), and execute **right low double shuto blocks**.

24. Step forward into *left cat stance* and execute **left low double shuto blocks**.
25. Step left foot back to *ready stance*.
26. Right foot to left into *attention stance*; bow.

End of kata.