

PINAN TWO (Pinan Nidan)

1. *Attention stance.* (12:00)
2. Step out with right foot into *ready stance*.
3. Head turn left. Turn left 90° into *left cat stance* (9:00). Execute **double block-strikes - (right high, left middle)**.
4. Maintain *cat stance*. Bring your left fist across your body till your palm faces your right ear, and punch in an uppercut motion forward , under your left elbow, with your right hand. (both hard, forceful motions.)
5. Execute **left hammerfist** straight out from your body - palm down, arm parallel with the floor. **Pull your right hand back** to your right hip. (both hard, forceful motions.)
6. Head turn left. Turn left 180° (3:00) into *right cat stance*. Execute **double block-strikes - (left high, right middle)**.
7. Maintain *cat stance*. Bring your right fist across your body till your palm faces your left ear, and punch in an uppercut motion forward , under your right elbow, with your left hand. (both hard, forceful motions.)
8. Execute **right hammerfist** straight out from your body - palm down, arm parallel with the floor. **Pull your left hand back** to your left hip. (both hard, forceful motions.)
- 9.* Bring your right foot back to *attention stance*, (feet together), (still facing 3:00). Bring your right and left hands to your left side, (even with ribcage), palms facing each other. Look right toward 6:00.
10. Simultaneously execute a **right side kick** (groin level) and a **right punch** toward 6:00. **KIAI**
11. **IMMEDIATELY** turn head left. Set your kicking leg down and turn left 180° (facing 12:00) into a *left cat stance*. Execute **double knife - hand blocks. (left forward, right back).****
12. Step forward into *right front stance*, simultaneously executing **double knife - hand blocks. (right forward, left back)**.
13. Step forward into *left front stance*, simultaneously executing **double knife - hand blocks. (left forward, right back)**.
14. Step forward into *right front stance*, simultaneously executing **right vertical spearhand straight out from the chest**, (arm parallel with the floor), left arm across chest, hand under bicep, palm down, parallel to the ground.
15. Turn counterclockwise 225°, (5:00) (pivoting on right foot,) into *left front stance*, simultaneously executing **double knife - hand blocks. (left forward, right back)**.

16. Step forward into *right front stance*, simultaneously executing **double knife - hand blocks. (right forward, left back).**
17. Step clockwise 90°, (7:00) (pivoting on left foot), into *right front stance*, simultaneously executing **double knife - hand blocks. (right forward, left back).**
18. Step forward into *left front stance*, simultaneously executing **double knife - hand blocks. (left forward, right back).**
19. Step counter-clockwise 45°, (pivoting on right foot), into *left front stance*, simultaneously executing **right outward middle block.**
20. Execute a **right front kick** and set down into a *right front stance*. ***KIAI***
21. IMMEDIATELY execute a **left reverse punch**, followed by a **left outward middle block.**
22. Execute a **left front kick** and set down into a *left front stance*. ***KIAI***
23. IMMEDIATELY execute a **right reverse punch**, followed by a **right outward middle block.**
24. Turn counterclockwise 45° (4:30) and step forward into a *right front stance*, simultaneously executing a **right augmented outward block.**
25. Turn and step counter-clockwise 180°, (10:30), into *left front stance*, simultaneously executing **left low block.**
26. Step forward into *right front stance*, simultaneously executing **right high block.**
27. Step clockwise 90°, (pivoting on left foot), into *right front stance*, simultaneously executing **right down block.**
28. Step forward into *left front stance*, simultaneously executing **left high block.**
25. Step left foot back to *ready stance*.
26. Right foot to left into *attention stance*; bow.

End of kata.

* **NOTE:** Masters George Dillman, Seiyu Oyata, and others list this kata as **Pinan One** or **Pinan Shodan**.