

PINAN THREE (Pinan Sandan)

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 a **left middle block.**
4. Bring your right foot to your left foot in an **attention stance.** Simultaneously execute a **right middle block** and a **left down block** as you step. Immediately execute a **left middle block** and a **right down block** from the same stance.
5. Head turn right. Turn right 180° (3:00) into *right cat stance*, stepping with your right foot and pivoting on the ball of your left foot. Execute a **right middle block.**
6. Bring your left foot to your right foot in an **attention stance.** Simultaneously execute a **left middle block** and a **right down block** as you step. Immediately execute a **right middle block** and a **left down block** from the same stance.
7. Turn counterclockwise 90° (12 :00) and step forward into a *left front stance*, simultaneously executing an *augmented left middle block.* (**left forward, right back**).
8. 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.
9. Fold right arm back to shoulder, keeping the upper arm parallel to the floor. Step counterclockwise 360° with your left foot, pivoting on the ball of your right foot into a *left 45° horse stance* (left foot towards 10:30) and simultaneously executing a **left down block.**
10. Step forward into *right front stance*, simultaneously executing a **right front punch.**
11. Step forward into *left front stance*, simultaneously executing a **left front punch.**
12. Step forward into *right front stance*, simultaneously executing a **right front punch.**
13. Turn counterclockwise 180°, (6:00) (pivoting on left foot,) into a *modified attention stance* , with your hands on your hips.
14. Step forward with your right foot into a *90° horse stance*, (facing 3:00), hands still on hips, and **dip your right elbow toward 3:00.**
15. Remain in previous stance and execute a **right backfist** (head level), and return your hand to your hip.

16. Step forward with your left foot into a *90° horse stance*, (facing 9:00), hands still on hips, and **dip your left elbow toward 9:00.**
17. Remain in previous stance and execute a **left backfist** (head level), and return your hand to your hip.
18. Step forward with your right foot into a *90° horse stance*, (facing 3:00), hands still on hips, and **dip your right elbow toward 3:00.**
19. Remain in previous stance and execute a **right backfist** (head level), and return your hand to your hip.
20. Step forward with your left foot into *left front stance*, simultaneously executing a **left front punch. *KIAI***
21. Bring your right foot forward into a *shoulder width stance* .
22. Turn counterclockwise 180°, (12:00) (pivoting on right foot,) into a *front facing horse stance*, pulling your left hand to your hip as you **punch with your right hand over your left shoulder.***
23. Bring **right foot to left knee** in sweeping motion, and return to *horse stance*.
24. Pull your right hand to your hip as you **punch with your left hand over your right shoulder. ***
25. Step left foot back to *ready stance*.
26. Right foot to left into *attention stance*; bow.

End of kata.