

## PINAN FOUR (Pinan Yondan)

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 simultaneous **right open handed high block** and a **left open handed middle block**.
4. Turn right 180° (3:00) into *right cat stance*. Immediately execute a simultaneous **left open handed high block** and a **right open handed middle block**.
5. Head turn left. (12:00) Step into a left front stance and execute a right over left **forward low X block**.
6. Step forward into a *right front stance*, simultaneously executing an **augmented left middle block. (right forward, left back)**.
7. Head turn left. (3:00) Bring your left foot up to your right foot in an **attention stance** as you bring your **left fist over your right fist** at your right hip.
8. Simultaneously execute a **left side kick** (groin level) and a **left backfist** toward 9:00. **KIAI**
9. **IMMEDIATELY** set your kicking leg down into a *left front stance*. Execute a **right elbow strike** to open left palm.
10. Head turn right. (3:00) Bring your right foot to your left foot in an **attention stance** as you bring your **right fist over your left fist** at your left hip.
11. Simultaneously execute a **right side kick** (groin level) and a **right backfist** toward 3:00. **KIAI**
12. **IMMEDIATELY** set your kicking leg down into a *right front stance*. Execute a **left elbow strike** to open left palm.
13. Turn left 90° to 12:00 into *left front stance*, simultaneously executing a **left knife-hand block over the head** and a **right horizontal neck level shuto strike**.
- \*14. Still holding the previous hand form, execute a **right front kick (KIAI)** and step forward into a *crossover stance*, simultaneously pulling your left hand to your solar plexus and executing a **right inverted fist punch**.
- \*15. Set left foot down behind you into a *right front stance*. Raise and pull right foot slightly back, then set it back down into previous stance. Execute **two front punches - left/right**.
16. Turn counterclockwise 225°, (5:00) (pivoting on right foot,) into *left front stance*, simultaneously executing a right-over-left **low X block**, followed by **double palm down outward middle blocks**.

17. From the previous stance, execute a **right front kick**, then set down forward into a *right front stance*, simultaneously executing **two front puches - left/right**.
18. Step clockwise 90°, (7:00) (pivoting on left foot), into *right front stance*, simultaneously executing a left-over-right **low X block**, followed by **double palm down outward middle blocks**.
- \*19. From the previous stance, execute a **left front kick**, then set down forward into a *left front stance*, simultaneously executing **two front puches - right/left**.
20. Step counter-clockwise 45°, (6:00 - pivoting on right foot), into *left front stance*, simultaneously executing a **left augmented outward block**.
21. Step forward into *right front stance*, simultaneously executing a **right augmented outward block**.
22. Step forward into *left front stance*, simultaneously executing **left augmented outward block**.
23. Bring both hands over your head, then pull down both hands down sharply over a right upward knee strike. Set right foot down, turning 180° counterclockwise into a *left front stance*, simultaneously executing **double knife - hand blocks. (left forward, right back)**.
24. Step forward into *right front stance*, simultaneously executing **double knife - hand blocks. (right forward, left back)**.
25. Step left foot back to *ready stance*.
26. Right foot to left into *attention stance*; bow.

**End of kata.**