

PINAN FIVE (Pinan Godan)

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**. Immediately execute a **right front punch** from the same stance.
4. Head turn right. (3:00) Bring your right foot to your left foot in an **attention stance** as you bring your **left fist over your right fist** at your right hip.
5. Turn right (3:00) into *right cat stance* . Immediately execute a **left front punch** from the same stance.
6. Head turn left. (12:00) Bring your left foot to your right foot in an **attention stance** as you bring your **right fist over your left fist** at your left hip.
7. Step forward into a *right front stance*, simultaneously executing an **augmented left middle block. (right forward, left back)**.
8. Step 45° left (10:30) into a *left front stance*, simultaneously executing a *low X block*.
9. Immediately pull hands back to right hip, **right wrist over your left wrist**, and bring left foot to center in a front facing *left cat stance*. (12:00)
10. Execute a *high X block* to 12:00,
11. Pull hands back to your right hip, **left fist palm down over your right fist**, in a *front facing cat stance*. (12:00)
12. Execute chest level **left hammerfist** to center.
13. Step forward into a *right front stance*, simultaneously executing a **right front punch. KIAI**
14. Step left foot forward and across in front of left foot into *hook stance* and execute a **right - left - right rolling back knuckle** to 12:00. (*uraken*).
15. Immediately head snap 180° ((6:00). Step left foot into *90° horse stance* (9:00) and execute **left down block**, keeping right hand in previous position.
16. Pivot on ball of left foot and assume kneeling position on left knee toward 3:00, simultaneously executing a **right downward punch**, reinforced with left wrist under right.
17. Step forward into a *right front stance*, simultaneously executing an **augmented right middle block. (right forward, left back)**.

18. Head snap 180° ((12:00). Step left foot into *left cat stance* and execute **left down block**, keeping right hand in previous position.
19. Bring your left foot to your right foot in an **attention stance**. Pause.
20. Look toward 3:00. Bring your right arm around in a circular counter - clockwise position, crossing arms left over right at left side of chest, facing 1:30.
210. Step right foot forward into *cat stance* and execute a **right down block** and a **left pulling motion** (palm up) over left shoulder.
22. Step right foot back to *ready stance*.
23. Right foot to left into *attention stance*; bow.

End of kata.