

Pinan Godan

1. Look
2. Left nekoashi, outside block
3. Punch
4. Feet together, naihanchi punch
5. Right nekoashi, outside block
6. Punch
7. Feet together, niahanchi punch
8. Right seisan, seisan block
9. Down cross
10. Pull
11. Push, crossing high block
12. Pull,
13. Knife hand
14. Step, punch
15. Down up, step behind
16. Nekoashi only
17. Down block
18. Down strike on knee
19. Seisan block, right Seisan
20. Turn, nekoashi only
21. Down block
22. Feet together, hand together
23. Hand together, right nekoashi
24. Out and down block
25. Yamae