

Pinan Nidan

- Yoi - Right Foot Out
1. Look
 2. Left naihanchi, down block - Kiai
 3. Nekoashi, high and out
 4. Right seisan, right punch - Kiai
 5. Turn, naihanchi, down block - Kiai
 6. Nekoashi, high and out
 7. Left seisan, left punch - Kiai
 8. Turn, left seisan, down block
 9. High block
 10. High block
 11. High block - Kiai
 12. Turn 45 deg left seisan, left down block
 13. 1st face punch - Kiai
 14. Turn 45 deg right seisan, right down block
 15. 2nd face punch - Kiai
 16. Left seisan, left down block
 17. Right punch
 18. Left punch
 19. Right punch - Kiai
 20. Turn only - face right, right Seisan
 21. Turn, 45 deg nekoashi, low pinan block - Kiai
 22. Right nekoashi, low pinan block - Kiai
 23. Turn 45 deg nekoashi, low pinan block - Kiai
 24. Left nekoashi, low pinan block - Kiai
 25. Yamae
- Push
- Kyotsuke - Right Foot In
- Rei
- Yoi - Right Foot Out