

# 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