

# Pinan Sandan

- Yoi - Right foot Out
1. Look
  2. Left nekoashi, single block
  3. Double double, feet together - Kiai
  4. Turn, right nekoashi, single block
  5. Double double, feet together - Kiai
  6. Left seisan, seisan block
  7. nukite - Kiai
  8. Hand cover
  9. Turn, down block - Kiai
  10. Right Seisan - feet swap, Punch
  11. Left Seisan - feet swap, Punch
  12. Right Seisan, Punch
  13. Feet together, hands on hips (Superman)
  14. Right naihanchi, hands on hips
  15. Half turn, side punch - Kiai (Drum)
  16. Left naihanchi, hand on hips
  17. Half turn, side punch - Kiai (Drum)
  18. Right naihanchi, hand on hips
  19. Half turn, side punch - Kiai (Drum)
  20. Pull
  21. Left seisan and punch
  22. Feet come straight
  23. Turn, face punch - Kiai
  24. Kick, down block, face punch - Kiai
  25. Yamae - Left Foot In
- Push  
Kyotsuke - Right Foot In  
Rei  
Yoi - Right Foot Out