

Pinan Shodan

- Yoi - Right Foot Out
1. Look
 2. Left nekoashi, hands high and out - Kiai
 3. Pull and Out - Kiai
 4. Turn right nekoashi, hands high and out - Kiai
 5. Pull and out - Kiai
 6. Pull left side
 7. Side kick - Kiai, drop in nekoashi, left pinan block - Kiai
 8. Right seisan, right pinan block
 9. Left seisan, left pinan block
 10. Nukite - Kiai
 11. Turn 45 deg. seisan, left pinan block
 12. right seisan, right pinan block
 13. Turn 45 deg. seisan, right pinan block
 14. Left seisan, left pinan block
 15. 1st twist block
 16. Kick, punch - Kiai
 17. 2nd twist block
 18. Kick, punch - Kiai
 19. Outside block
 20. 45 deg. right seisan, right seisan block - Kiai
 21. Turn 45 deg. seisan down block
 22. Right seisan high block
 23. Turn 45 deg. seisan down block
 24. Left seisan high block
 25. Yamae
- Push
- Kyotsuke - Right Foot In
- Rei
- Yoi - Right Foot Out