

Pinan Yondan

1. Look
2. Left nekoashi, hands high - Kiai
3. Turn only
4. Hands high - Kiai
5. cross hands, left seisan - Kiai
6. Right seisan, seisan block
7. Pull
8. Kick, elbow, pull - Kiai
9. Kick, elbow - Kiai
10. High block, Nukite
11. Kick, down up, step behind
12. Punch punch
13. Turn, hands cross - Kiai
14. First double forearm block - Kiai
15. Kick, punch punch - Kiai
16. Turn, hands cross
17. Second double forearm block - Kiai
18. Kick, punch punch - Kiai
19. Turn, seisan block, left seisan
20. Seisan block
21. Seisan block
22. Double knife hand high
23. Knee - Kiai, Pull, turn, pinan block - Kiai
24. Pinan block - Kiai
25. Yamae
Push
Kyotsuke - Right Foot In
Rei
Yoi - Right Foot Out