




























Pinan Godan

			
Yoi	Soto Uke	Gyakuzuki	Step Up
			
Soto Uke	Gyakuzuki	Step Up	Morote Uke
			
Gedan Juji Uke	Juji Uke	Block	Pull Punch
			

Junzuki	Prepare	Tetsui Strike	Low Block
			
Empi	Morote Uke	Prepare	Step Back Punch
			
Jump	Block	Morote Uke	Double Block
			
Step Back	Double Block	Yamae	