

































Pinan Nidan

			
Yoi	Block	Junzuki	Turn 180
			
Gedan Barrai	Half Step Back	Block	Junzuki
			
Turn 90	Gedan Barrai	Jodan Uke	Jodan Uke
			

Jodan Uke	Turn	Gedan Barrai	Junzuki
			
Gedan Barrai	Junzuki	Gedan Barrai	Junzuki
			
Junzuki	Junzuki	Turn	Prepare
			
Spear Hand	Turn – Prepare	Spear Hand	Turn – Prepare
			
Spear Hand	Turn – Prepare	Spear Hand	Yamae