



































Pinan Sandan

| | | | |
|---|---|--|---|
|  |  |  |  |
| Yoi | Soto Uke | Soto Uke - Gedan Barai | Soto Uke - Gedan Barai |
|  |  |  |  |
| Turn 180 | Soto Uke | Soto Uke - Gedan Barai | Soto Uke - Gedan Barai |
|  |  |  |  |
| Turn 90 Soto Uke | Spear Hand | Step Front Foot Across | Step Round |
|  |  |  |  |

| | | | |
|---|---|--|---|
| Tetsui Strike | Junzuki | Step Up Turn | Step Forward |
|  |  |  |  |
| Block Past | Tetsui Strike | Step Forward | Block Past |
|  |  |  |  |
| Tetsui Strike | Step Forward | Block Past | Tetsui Strike |
|  |  |  |  |
| Junzuki | Step R. Leg Up | Step L. Leg Across | Turn – Empi - Strike |
|  |  |  | |
| Step Across | Empi Strike | Yamae | |
|  |  |  | |