

































Pinan Shodan

			
Yoi	Block	Strike Down	Strike
			
Turn Block	Strike Down	Strike	Turn 90
			
Soto Uke – Maegeri	Prepare to Turn	Turn - Shuto Uke	Shuto Uke
			
Shuto Uke	Spear Hand	Turn - Shuto Uke	Shuto Uke

			
Turn – Shuto Uke	Shuto Uke	Step Across	Soto Uke
			
Maegeri	Gyakuzuki	Soto Uke	Maegeri
			
Gyakuzuki	Morote Uke	Step Round	Gedan Barai
			
Jodan Uke	Gedan Barai	Jodan Uke	Yamae