

PINAN #1

Pinan 1 is the foundation for all forms to Black Belt and beyond. It is likely the most difficult form you'll learn, but once ingrained, it is the easiest to perform.

- 1) Start in Front Position. Bow. Step out with right foot into Horse Stance, and perform Dragon Breathes Fire with knuckle roll.
- 2) Half moon forward with right foot, pivot into Left Half Moon Stance facing 9:00 and execute #8 Block. Half moon forward and deliver Right Front Two Knuckle Punch to solar plexus.
- 3) Half moon backward and execute #4 Block.
- 4) Pivot into Right Half Moon Stance facing 12:00 and execute #1 Block with Kiai.
- 5) Half moon forward, pivot into Right Half Moon Stance facing 3:00 and execute #7 Block. Half moon forward and deliver Left Front Two Knuckle Punch to solar plexus.
- 6) Half moon backward and execute #3 Block.
- 7) Pivot into Left Half Moon Stance facing 12:00 and execute #2 Block with Kiai.
- 8) Half moon forward and deliver Right Front Two Knuckle Punch to solar plexus. Half moon forward and deliver Left Front Two Knuckle Punch to solar plexus. Half moon forward and deliver Right Front Two Knuckle Punch to solar plexus.

- 9) Half moon backward and execute #6 Block. Re-chamber left arm and deliver Right Front Two Knuckle Punch to solar plexus.
- 10) Half moon backward and execute #5 Block. Re-chamber right arm and deliver Left Front Two Knuckle Punch to solar plexus.
- 11) Half moon backward and execute #6 Block. Re-chamber left arm and deliver Right Front Two Knuckle Punch to solar plexus, then Left Front Two Knuckle Punch to solar plexus, then a final Right Front Two Knuckle Punch to solar plexus with Kiai.
- 12) Half moon backward into Horse Stance. Perform Dragon Breathes Fire with knuckle roll. Meet right foot to left in Front Position. Bow.

