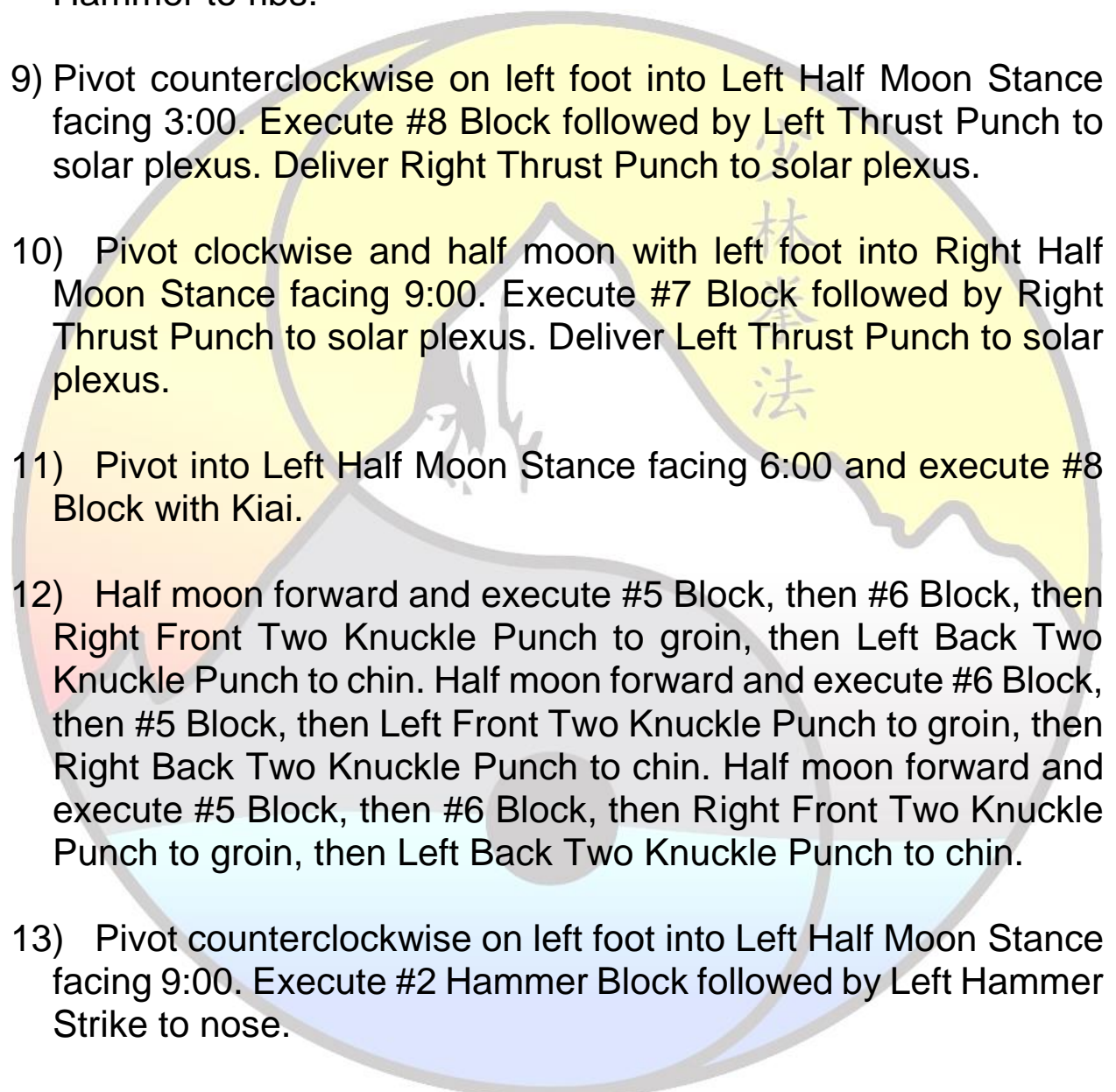


PINAN #2

Pinan 2 is the easiest form you'll learn, because you already know most of the footwork. This form will help you develop your combos and counterstrikes, and train you to strike to targets at different heights. Be sure to chamber a hand that's not being used, and when possible, use the pulley motion to generate more power.

- 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 Thrust Punch to solar plexus, then Right Backfist to temple.
- 3) Half moon backward and deliver Right Reverse Hammer to groin at the rear.
- 4) Pivot into Right Half Moon Stance facing 12:00 and execute #1 Hammer 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 Thrust Punch to solar plexus, then Left Backfist to temple.
- 6) Half moon backward and deliver Left Reverse Hammer to groin at the rear.
- 7) Pivot into Left Half Moon Stance facing 12:00 and execute #2 Hammer Block with Kiai.

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- 8) Half moon forward and deliver Right Hook Punch to head, then Right Cross Hammer to ribs. Half moon forward and deliver Left Hook Punch to head, then Left Cross Hammer to ribs. Half moon forward and deliver Right Hook Punch to head, then Right Cross Hammer to ribs.
 - 9) Pivot counterclockwise on left foot into Left Half Moon Stance facing 3:00. Execute #8 Block followed by Left Thrust Punch to solar plexus. Deliver Right Thrust Punch to solar plexus.
 - 10) Pivot clockwise and half moon with left foot into Right Half Moon Stance facing 9:00. Execute #7 Block followed by Right Thrust Punch to solar plexus. Deliver Left Thrust Punch to solar plexus.
 - 11) Pivot into Left Half Moon Stance facing 6:00 and execute #8 Block with Kiai.
 - 12) Half moon forward and execute #5 Block, then #6 Block, then Right Front Two Knuckle Punch to groin, then Left Back Two Knuckle Punch to chin. Half moon forward and execute #6 Block, then #5 Block, then Left Front Two Knuckle Punch to groin, then Right Back Two Knuckle Punch to chin. Half moon forward and execute #5 Block, then #6 Block, then Right Front Two Knuckle Punch to groin, then Left Back Two Knuckle Punch to chin.
 - 13) Pivot counterclockwise on left foot into Left Half Moon Stance facing 9:00. Execute #2 Hammer Block followed by Left Hammer Strike to nose.
 - 14) Pivot clockwise and half moon with left foot into Right Half Moon Stance facing 3:00. Execute #1 Hammer Block followed by Right Hammer Strike to nose.

15) Pivot into Left Half Moon Stance facing 12:00 and half moon backward into Horse Stance. Perform Dragon Breathes Fire with knuckle roll. Meet right foot to left in Front Position. Bow.

