

PINAN #3

Pinan 3 introduces many new movements, and develops both the Tiger and the Crane. Of the 5 Pinans, the intro movements in this form can be the most challenging to perform correctly. Although seemingly basic at first, this form has many hidden gems that you will discover even after you become a Black Belt.

- 1) Start in Front Position. Bow. Step out with right foot into Horse Stance, and perform Dragon Breathes Fire with knuckle roll. Inhale and re-chamber your arms, then slowly execute Double Thrust Punches to groin with Dragon Breathes Fire.
- 2) Draw left foot into Left Cat Stance facing 9:00 and execute strong #2 Block. Execute simultaneous #1 and #8 Blocks, then execute simultaneous #2 and #7 Blocks.
- 3) Step into Horse Stance with left foot, then draw right foot into Right Cat Stance facing 3:00 and execute strong #1 Block. Execute simultaneous #2 and #7 Blocks, then execute simultaneous #1 and #8 Blocks.
- 4) Meet left foot to right. Chamber right fist and circle left fist toward 12:00, then up and over your head, and finally on top of your right fist. Step out with left foot into Left Side Horse Stance looking toward 12:00, deliver Left Downward Backfist to nose, and position right fist on guard by your left ribs.
- 5) Half moon toward 12:00 with right foot and deliver Right Spearhand to groin, while supporting right elbow with left hand, palm facing out. Sweep opponent's foot with right hand, then pivot on left foot and Chinese Catwalk counterclockwise into Left Side Horse Stance looking toward 12:00, and let the momentum

help deliver Left Cross Hammer to temple. Half moon toward 12:00 with right foot and deliver Right Thrust Punch to groin with Kiai.

- 6) Turn counterclockwise and meet right foot to left facing 6:00. Execute large Double Upward Knife-Hand Blocks with arms extended, continuing to circle arms to sides, then chamber both arms. Deliver Right Front Ball Kick to solar plexus, then step forward into Right Side Horse Stance. Right Wing Block.
- 7) Draw right foot into Right Cat Stance facing 6:00 and execute #7 Block. Step out into Right Half Moon Stance and deliver simultaneous Right Back Two Knuckle Punch to chin and Left Tiger's Claw to groin.
- 8) Meet left foot to right. Execute large Double Upward Knife-Hand Blocks with arms extended, continuing to circle arms to sides, then chamber both arms. Deliver Left Front Ball Kick to solar plexus, and step forward into Left Side Horse Stance. Left Wing Block.
- 9) Draw left foot into Left Cat Stance facing 6:00 and execute #8 Block. Step out into Left Half Moon Stance and deliver simultaneous Left Back Two Knuckle Punch to chin and Right Tiger's Claw to groin.
- 10) Meet right foot to left. Execute large Double Upward Knife-Hand Blocks with arms extended, continuing to circle arms to sides, then chamber both arms. Deliver Right Front Ball Kick to solar plexus, and step forward into Right Side Horse Stance. Right Wing Block.
- 11) Draw right foot into Right Cat Stance facing 6:00 and execute #7 Block. Step out into Right Half Moon Stance and deliver

simultaneous Right Back Two Knuckle Punch to chin and Left Tiger's Claw to groin.

- 12) Half moon forward and deliver Left Front Two Knuckle Punch to solar plexus. Half moon forward into Horse Stance and deliver Right Roundhouse Elbow to jaw.
- 13) Pivoting on your right foot, Chinese Catwalk clockwise into Horse Stance facing 12:00 and deliver Left Roundhouse Elbow to jaw. Cross left foot in front of right into Twist Stance and deliver Right Roundhouse Elbow to jaw.
- 14) Lift right foot and leap forward off left foot, landing in Horse Stance, and deliver Left Roundhouse Elbow to jaw with Kiai as you land. Right Thrust Punch to groin, keep right fist out, and Left Thrust Punch to groin. Simultaneous #1 and #2 Blocks, then Double Front Two Knuckle Punches to face with Kiai.
- 15) Dragon Breathes Fire with knuckle roll. Inhale and re-chamber your arms, then slowly execute Double Thrust Punches to groin with Dragon Breathes Fire. Meet right foot to left in Front Position. Bow.