

# PINAN #4

*Pinan 4 is a powerful form, and will help you develop your skill as a Tiger. Many Cat Stances within this form allow you plenty of opportunities to develop and understand this stance.*

- 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 circle arms counterclockwise starting at 9:00, swinging down and to the other side, and finally overhead, with left hand ending in vertical Shuto guard at shoulder level toward 9:00, and right hand ending in horizontal sword guard over head.
- 3) Step with left foot into Horse Stance facing 12:00. Draw right foot into Right Cat Stance facing 3:00 and circle arms clockwise starting at 3:00, swinging down and to the other side, and finally overhead, with right hand ending in vertical Shuto guard at shoulder level toward 3:00, and left hand ending in horizontal sword guard over head.
- 4) Plant right foot, step out with left foot into Left Half Moon Stance facing 12:00, and execute Double Downward Cross Block. Half moon forward and execute simultaneous #1 Block and Left Front Two Knuckle Punch to solar plexus.
- 5) Meet right foot back to left and bring fists to cup & saucer on right side. Deliver simultaneous Left Backfist to temple and Left Side Blade Kick to solar plexus to opponent at 9:00, then wrap opponent's head with left hand. Pivot toward 9:00, step forward

into Left Half Moon Stance, and pull opponent's head into Right Roundhouse Elbow with Kiai.

- 6) Meet right foot to left and bring fists to cup & saucer on left side, facing 12:00. Deliver simultaneous Right Backfist to temple and Right Side Blade Kick to solar plexus to opponent at 3:00, then wrap opponent's head with right hand. Pivot toward 3:00, step forward into Right Half Moon Stance, and pull opponent's head into Left Roundhouse Elbow with Kiai.
- 7) Draw left foot in toward right and circle right hand up, overhead and around, and simultaneously circle left hand down, around and overhead. As arms circle, step with left foot into Forward Leaning Stance facing 10:30, and execute simultaneous #6 Knife-Hand Block and Right Ridgehand to groin.
- 8) Clear with Double Outward Knife-Hand Blocks, grab opponent's head, and pull into Right Rising Knee. Without stepping down, execute Right Front Ball Kick to solar plexus, knocking opponent back, then step toward 10:30 into Right Side Horse Stance. Cross left foot behind right into Twist Stance and deliver Right Downward Backfist to nose as open left hand guards ribs.
- 9) Step with right foot toward 10:30, then draw left foot into Left Cat Stance facing 4:30 and roll hands on guard in Tiger Claws. Left Front Ball Kick to solar plexus, then step forward into Left Half Moon Stance and deliver Left Front Two Knuckle Punch to solar plexus, then Right Front Two Knuckle Punch to solar plexus.
- 10) Step away with left foot toward 1:30, then draw right foot into Right Cat Stance facing 7:30 and roll hands on guard in Tiger Claws. Right Front Ball Kick to solar plexus, then step forward into Right Half Moon Stance and deliver Right Front Two Knuckle Punch to solar plexus, then Left Front Two Knuckle Punch to solar plexus.

- 11) Bring left foot to right, then continue moving with left foot into Left Forward Leaning Stance facing 6:00 and execute Left Tiger's Claw, with right hand in Tiger Claw guard. Draw left foot back into Left Cat Stance and roll your guard one full rotation.
- 12) Plant left foot, then step forward with right foot into Right Forward Leaning Stance and execute Right Tiger's Claw, with left hand in Tiger Claw guard. Draw right foot back into Right Cat Stance and roll your guard one full rotation.
- 13) Plant right foot, then step forward with left foot into Left Forward Leaning Stance and execute Left Tiger's Claw, with right hand in Tiger Claw guard. Draw left foot back into Left Cat Stance and roll your guard one full rotation.
- 14) Clear with Double Outward Knife-Hand Blocks, then step out into Left Half Moon Stance and grab opponent's head. Pull into Right Rising Knee with Kiai, then step forward into Right Half Moon Stance with fists on guard.
- 15) Circle left foot counterclockwise into Left Cat Stance facing 10:30, and rotate hands on guard in Tiger Claws. Step away with left foot toward 7:30, then draw right foot into Right Cat Stance facing 1:30, and rotate hands on guard in Tiger Claws.
- 16) Half moon backward with right foot into Horse Stance facing 12:00. 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.