

# PINAN #5

*Pinan 5 is the final Pinan, and a good introduction to more complicated moves. This form allows you to practice sentencing and dynamic tension, and is commonly a pre-Black Belt favorite.*

- 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 #2 Block. Step forward into Left Half Moon Stance and deliver Right Front Two Knuckle Punch to groin. Clear with Rolling #8 Knife-Hand Block. Right Back Two Knuckle Punch to chin.
- 3) Turning clockwise, draw right foot into Right Cat Stance facing 3:00, and execute #1 Block. Step forward into Right Half Moon Stance and deliver Left Front Two Knuckle Punch to groin. Clear with Rolling #7 Knife-Hand Block. Left Back Two Knuckle Punch to chin.
- 4) Half moon forward with right foot toward 12:00, then execute Double Downward Cross Block. Half moon forward and execute Double Upward Knife-Hand Cross Block. Roll left hand over right, press attacking arm down low, then rise up with Left Rising Sun Punch to chin. Half moon forward and deliver Right Front Two Knuckle Punch to face.
- 5) Bring right foot back to left, and continue moving with right foot into Horse Stance facing 3:00. Deliver Right Backfist to temple at 6:00 as left fist comes to chest. Deliver Left Backhand to face at 12:00 as right fist comes to chest. Wrap head with left hand

and chamber right fist. Deliver Right Inward Crescent Kick to head at 12:00, then land in Horse Stance facing 9:00 and pull opponent's head into Right Roundhouse Elbow with Kiai. Cross left foot behind right into Twist Stance and deliver Right Downward Backfist to nose as open left hand guards ribs.

- 6) Look toward 6:00, sink into your stance and circle arms counterclockwise in fists with dynamic tension, left arm ending in a vertical Hammer guard at shoulder level, and right arm ending in Hammer guard over head.
- 7) Step out with left foot toward 6:00 and leap, landing with right foot first, into Twist Stance facing 3:00, while executing Double Downward Cross Block with fists like Thrust Punches.
- 8) Step out with right foot into Right Half Moon Stance facing 6:00 and execute simultaneous #1 Block and Left Front Two Knuckle Punch to solar plexus.
- 9) Turning to face 1:30, draw left foot into Left Cat Stance briefly, then immediately step forward into Left Forward Leaning Stance and deliver Right Circular Tiger's Claw to groin, then grab. Meet right foot to left and cross left hand to right shoulder. Step toward 7:30 with right foot into Backward Leaning Stance, and with dynamic tension, chop down with left hand until parallel with left leg, and lift right fist up into horizontal guard at 7:30 by head.
- 10) Slide left foot counterclockwise into T Stance facing 10:30. Deliver Left Tiger's Claw to groin, then grab. Slide left foot backward toward 4:30 into Backward Leaning Stance, and with dynamic tension, chop down with right hand until parallel with right leg, and lift left fist up into horizontal guard at 4:30 by head.
- 11) Slide right foot in to left, then out 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.

