

PINAN #4

Pinan 4 is a powerful form, with elements of the 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) Meet right foot to left foot with hands chambered and look toward 12:00. 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 left foot to right 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) Look toward 10:30. 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, then step toward 10:30 into Right Side Horse Stance with hands on guard. Cross left foot behind right into Twist Stance and deliver Right Downward Backfist to nose and guard your ribs with an open left hand.
- 9) Look toward 4:30. Step with right foot toward 10:30, then draw left foot into Left Cat Stance facing 4:30 and circle 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 circle 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) Look toward new opponent at 6:00. Cross left foot in front of right foot and execute #3 Palm Block. Cross right foot in front of left foot and execute #4 Palm Block. Step out into Left Half Moon Stance and deliver Right Tiger's Claw to face with Kiai, guarding your ribs with open left hand.
- 12) Execute Double Downward Outward Tiger's Rakes, then Right Front Ball Kick and step forward into Right Half Moon Stance with hands on guard.
- 13) Circle left foot counterclockwise into Left Cat Stance facing 10:30, and circle 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 circle hands on guard in Tiger Claws.
- 14) 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.