

Pinan I

All Blocks prepare during the stance change, all strikes are delivered once the stance has been rooted

Chumbi

1. Left 90 degrees into left forward stance with left lower sweeping block.
2. Pivot to Saddle leg stance with left inside vertical block catching opponents arm with right hand.
3. Pull opponents arm with right hand while delivering left bottom fist to opponent's ribs.
4. Step right foot forward with right front punch to solar plexus.
5. Step back and across with right leg, pivot 180 degrees to right forward stance, right lower sweeping block.
6. Pivot into saddle leg stance with right inside vertical block catching opponents arm with left hand.
7. Pull opponents arm with left hand while delivering right bottom fist to opponent's ribs.
8. Step forward with into left forward stance with left front punch to solar plexus.
9. Pivot left 90 degrees into left forward stance with left lower sweeping block.
10. Step into right forward stance with right front punch to solar plexus.
11. Step into left forward stance with left front punch to solar plexus.
12. Step into right forward stance with right front punch to solar plexus. **KIA**
13. Left foot drops to right side of body with double knife hand blocks to right side.
14. Reverse pivot left 270 degrees into left cat stance with double knife hand strikes to collar bone.
15. Pivot right 45 degrees into right cat stance with double knife hand strikes to collar bone.
16. Pivot right 135 degrees into right cat stance with double knife hand strikes to collarbone.
17. Pivot left 45 degrees into left cat stance with double knife hand strikes to collarbone.
18. Pivot left 45 degrees into left forward stance with left lower sweeping block.
19. Step into right forward stance with right front punch to solar plexus.
20. Step into left forward stance with left front punch to solar plexus.
21. Step into right forward stance with right front punch to solar plexus. **KIA**
22. Left foot drops to right side of body with double knife hand blocks to right side.
23. Reverse pivot 180 degrees into saddle leg stance with double low knife hand blocks to left.
24. Step forward 45 degrees with right leg into saddle leg stance with double low knife hand blocks to right.
25. Reverse pivot 135 degrees with right leg into saddle leg stance with double low knife hand blocks to right.
26. Step 45 degrees with left leg into saddle leg stance with double low knife hand blocks to left.
27. Reverse pivot 45 degrees with left leg into bow.