

Pinan III

Chumbi

1. Step left 90 into left back stance with left middle block
2. Step even with right foot dropping right hand low.
3. Double block right hand high followed by double block left hand high.
4. Reverse pivot 90 degrees into right back stance with right middle block.
5. Step even with left foot dropping left hand low.
6. Double block left hand high followed by double block right hand high.
7. Step left 90 degrees into left forward stance with left lower sweeping block.
8. Step into right forward stance with left circle block augmenting right knife hand strike to opponent's neck.
9. Reverse pivot left 270 into high saddle leg stance with left bottom fist to opponent's temple.
10. Step into right forward stance with right front punch to solar plexus.
11. Pivot forward with right foot 180 degrees into even stance with fists on hips.
12. Right foot sweeps opponents leg with right side elbow followed by right side back fist to groin.
13. Left foot sweeps opponents leg with left side elbow followed by left side back fist to groin.
14. Right foot sweeps opponents leg with right side elbow followed by right bottom fist to solar plexus.
15. Step into left forward stance with left front punch to solar plexus.
16. Jumping turn 180 to left with right front side elbow.
17. Jumping left front side elbow.
18. Bow