



Pinan Sandan

Pinan Sandan is the third of the five Pinan Katas. This Kata introduces a number of new techniques, including double forearm block and elbow block.

1. Begin in ready stance (**Shizentai/Yoi**). Feet shoulder width apart, hands forming fists placed in front of your thighs.
2. Slide your left foot to the left but keep your weight over to the right. Bring your left arm across your lower stomach and extend the right forward with the palm turned downwards. Turn your hips anticlockwise and pivot on your right foot as you take up left cat stance. As you pivot, draw back your right fist to your side and turn it palm upwards-facing. Use this action to help power a left Jodan-Soto-Uke block.
3. Bring your right foot alongside the left but keep your knees slightly bent and don't move your arms. Slide your right fist forward and across your lower body, turning the palm towards you. For the moment your left arm stays where it is. Windscreen-wiper your right arm up into a Jodan Soto Uke and at the same time, take your left arm down the inside and into a lower parry. Focus both blocks to a sharp and simultaneous stop.
4. Next bring your right arm down and your left arm up to reverse the block you have just done in step 3. Again both blocks should come to a sharp simultaneous stop.
5. Step diagonally back with your right foot, keeping your arms still as you do this, and Mawatte turn. Swivel your hips strongly in a clockwise direction to face directly behind you in right cat stance. Draw your left fist back to your side, using this action to help power a right Jodan Soto Uke.
6. Bring your left foot alongside the right. Bring your right fist down the inside and into a lower parry. At exactly the same time, take your left fist up into Jodan Soto Uke.
7. Reverse your arms and perform a final double block.
8. Slide your left foot across and slightly bend your left elbow. Don't move your right fist yet. Twist your hips into left cat stance. As you do draw back your right fist and turn it palm upwards. Use this action to help power Jodan Soto Uke with your left forearm.
9. Step forward into right forward stance, pull back your left fist and perform right spear-hand strike, with the thumb side of your hand uppermost. Aim into the center at the base of the imaginary opponents breastbone.
10. Imagine someone has caught your right wrist and you are trying to tug it from his grasp. Put weight on your left foot and slide the right foot across. Twist anticlockwise until you are facing completely away in a left forward stance. Lean away, so your body is in one straight line from right heel to back of head. Pull your right hand back and point it downwards. Keep the same height and posture as you begin to slide your left foot directly back.

11. Turn your hips into a shikodachi straddle stance. Draw your right hand back to your side and close it into a fist. Perform left hammer fist to the opponents floating ribs. It is important to synchronize the turn with the pull back and the hammer fist, so they all happen as one move.

12. Step into right forward stance, pulling your left fist to the hip while rotating it to palm upwards-facing. Use this action to power a lunge punch to the opponents mid section. Kiai.

13. Transfer weight onto your leading foot and turn anticlockwise, drawing up your left foot as you do. Keep your fists as they are. Complete the turn and bring your heels together but feet splayed. Rest your fists on your hips. Keep weight over your left foot as you slide the right forwards. Pull your right elbow back to cock it.

14. Turn strongly into Shikodachi, using this action to power a right mid section elbow block.

15. Don't withdraw the block; instead strike out with a right hammer fist to the imaginary opponent's floating ribs. Pull the spent hammer fist back to your hip. Step forward with your left foot and cock your left elbow.

16. Again turn strongly into Shikodachi stance and perform left elbow block.

17. Strike out with left hammer fist. Return the spent hammer fist to your left hip. Pull your right elbow back, slide your right foot forwards to turn into shikodachi.

18. Perform right elbow block.

19. Perform right hammer fist but this time don't pull it back to the hip.

20. Step forward into left forward stance, leaving your right fist extended until the last possible instant, then draw it back strongly as you perform a left lunge punch to the mid section. Kiai at this point.

21a. Step forward with your right foot but keep both fists as they are. Your feet are about a shoulder width apart and slightly diverging.

21b. Keep your arms still as you step behind your right foot. The stepping knee is bent and the heel is raised from the floor.

21c. Corkscrew round sharply in an anticlockwise direction, using the action to power a simultaneous pull back of the left elbow as the right swings forward.

22a. Look over your right shoulder. Keep your arms still as you slide to the side with your right foot.

22b. Sharply draw back your right elbow, so the fist is palm upwards- facing against your side. At exactly the same time, the right elbow curls across your face and you look over it. The movement of the arms should be crisp and focussed, with both fists spasm-clenched tightly at the moment of impact.

23. Remain in your last stance until "Yamei" is called by the Sensei. Once called end Kata by stepping slightly to the left with the left foot and drawing the right slowly after it. Drop both fists into the ready position. Pause, then revert to attention stance.