


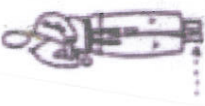























Pinan Godan

<p>Ready Stance</p> 	<p>Left Cat Stance, Left Middle Block</p> 	<p>Right Reverse Punch</p> 	<p>Step together, Left Hook Punch</p> 	<p>Right Cat Stance, Right Middle Block</p> 	<p>Left Reverse Punch</p> 
<p>Step Together, Right Hook Punch</p> 	<p>Right Front Stance, Augmented Block</p> 	<p>Left Front Stance, Low X Block</p> 	<p>Pull Back to Chest, Reverse Hands</p> 	<p>Left Front Stance, Left Knifehand Strike</p> 	<p>Step to Right Front Stance, Right Punch</p> 
<p>Step Forward X Stance, Augmented Block</p> 	<p>Shift to Right Front Stance, Augmented Strike</p> 	<p>Pivot to Left Cat Stance, Left Low Block</p> 	<p>Jump to Kneeling X Stance, Low X Block</p> 	<p>Jump to Kneeling X Stance, X Block</p> 	<p>Right Front Stance, Augmented Block</p> 
<p>Left Front Stance, Cover and Right Low Spearhand (Palm Up)</p> 	<p>Pull to Left Cat Stance, Diamond Block</p> 	<p>Step together</p> 	<p>Right Front Stance, Cover and Left Low Spearhand (Palm Up)</p> 	<p>Pull to Right Cat Stance, Diamond Block</p> 	<p>Ready Stance</p> 