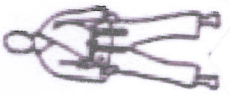















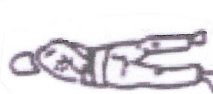

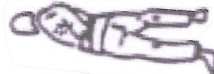








Pinan Nidan

<p>Ready Stance</p> 	<p>Left Front Stance, Low Block</p> 	<p>Step Forward, Punch</p> 	<p>Right Front Stance, Low Block</p> 	<p>Pull Back to Cat Stance, Big Arm Circle</p> 	<p>Step Forward, Punch</p> 
<p>Step out to Right Front Stance, Low Block -</p> 	<p>Same Hand Rising Block, Open the Hand</p> 	<p>Step Forward, Rising Block, Open the Hand</p> 	<p>Step Forward, Rising Block, Open the Hand</p> 	<p>Step Forward, Rising Block</p> 	<p>Step Up and Turn, Step out to Left Front Stance, Low Block</p> 
<p>Step Forward Punch</p> 	<p>Right Front Stance, Low Block</p> 	<p>Step Forward Punch</p> 	<p>Back to Center, Left Front Stance, Low Block</p> 	<p>Step Forward Punch</p> 	<p>Step Forward Punch</p> 
<p>Step Forward Punch</p> 	<p>Step Up and Turn, Step out 45*, Left Cat Stance, Double Knifehand</p> 	<p>Right Cat Stance, Double Knifehand</p> 	<p>Right Cat Stance, Double Knifehand</p> 	<p>Left Cat Stance, Double Knifehand</p> 	<p>Back to Ready Stance</p> 