















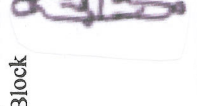



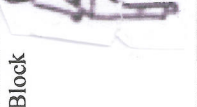









Pinan Shodan

<p>Ready Stance</p> 	<p>Left Cat Stance, Box Block</p> 	<p>Front Block / Strike</p> 	<p>Shift to Left Front Stance, Punch</p> 	<p>Right Cat Stance, Box Block</p> 	<p>Front Block / Strike</p> 
<p>Shift to Right Front Stance, Punch</p> 	<p>Pull Right Leg Back, Side Kick -</p> 	<p>Step Back into Left Cat Stance, Double Knifehand</p> 	<p>Right Front Stance, Double Knifehand</p> 	<p>Left Front Stance, Double Knifehand</p> 	<p>Right Front Stance, Spearhand</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>Step to Left Front Stance, Right Reverse Punch / Right Middle Block</p> 	<p>Right Front Kick</p> 
<p>Right Front Stance, Left Reverse Punch / Left Middle Block</p> 	<p>Left Front Kick</p> 	<p>Step to Left Front Stance, Right Reverse Punch / Right Middle Block</p> 	<p>Step 45° Right Front Stance, Reinforced Middle Block</p> 	<p>Step behind to Left Front Stance, Low Block</p> 	<p>Right Front Stance, Rising Block</p> 
<p>Step to Right Front Stance, Low Block</p> 	<p>Left Front Stance, Rising Block</p> 	<p>Ready Stance</p> 