








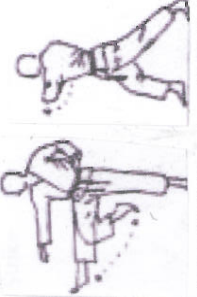





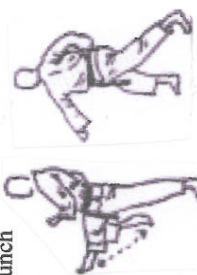

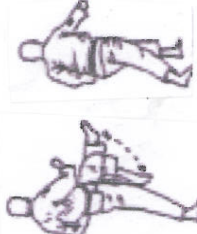


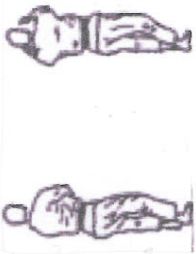






Pinan Yondan

<p>Ready Stance</p> 	<p>Left Cat Stance, Open Hand Box Block</p> 	<p>Shift to Right Cat Stance, Open Hand Box Block</p> 	<p>Left Front Stance, Low X Block</p> 	<p>Right Front Stance, Augmented Block</p> 	<p>Step Up, Feet Together, Chamber Hands to Right Hip</p> 
<p>Left Leg Side Kick, Left Hand Hammer Strike</p> 	<p>Step to Left Front Stance, Elbow Strike</p> 	<p>Left Step to Feet Together, Hands on Left Hip</p> 	<p>Right Leg Side Kick, Right Hand Hammer Strike, Step to Right Front Stance, Elbow</p> 	<p>Left Front Stance, Left Rising Strike, Right Knifehand Strike</p> 	<p>Right Front Snap Kick</p> 
<p>Step Forward X Stance, Augmented Block</p> 	<p>Pull back to Right Front Stance, Double Punch</p> 	<p>Left Front Stance X Block to Separating Block</p> 	<p>Right Front Kick, Step to Right Front Stance, Double Punch</p> 	<p>Right Front Stance, X Block to Separating Block</p> 	<p>Left Front Kick, Step to Left Front Stance, Double Punch</p> 
<p>Left Front Stance, Augmented Block</p> 	<p>Right Front Stance Augmented Block</p> 	<p>Left Front Stance Augmented Block, Extend Hands, Pull to Right Knee Strike</p> 	<p>Turn to Left Front Stance, Double Knifehand Strike</p> 	<p>Step to Right Front Stance, Double Knifehand Strike</p> 	<p>Ready Stance</p> 