

Pinian 1

Begin feet together hands in "front position" left over right

Bow, bring bottom of hands together as you step out with your RIGHT foot into horse riding stance

Roll knuckles to two downward blocks # 7 & 8 this is your SALUTATION

Turn and step your left foot into LEFT FRONT STANCE to your left and block down with your left hand, right hand in CHAMBER position

Half moon step forward with your right foot into RIGHT FRONT STANCE, left hand returns to CHAMBER position right hand to RIGHT FRONT punch (right arm now bends at the elbow bringing fist to left ear)

Right foot sweeps all the way behind as you turn to the right into RIGHT FRONT STANCE.

Block down with right hand, left hand in CHAMBER position

Half moon step forward into LEFT FRONT STANCE, left hand to LEFT FRONT punch, right hand in CHAMBER position.

Bend left arm at elbow, bring left fist to right ear, left foot slides 90° to left into LEFT FRONT STANCE, left hand blocks down, right hand still in chamber

Step or half moon forward into RIGHTFRONT STANCE, right hand to RIGHT FRONT punch, left hand to CHAMBER position

Step or half moon forward with the left foot into LEFT FRONT STANCE, left hand to LEFT FRONT punch, right hand to CHAMBER position

Step or half moon forward into RIGHT FRONT STANCE right hand to RIGHT FRONT punch, left hand to CHAMBER position. With this third punch there is a KIAI

SECOND HALF

Chamber right hand bring left hand to right ear and perform Tricky Turn - Left foot into LEFT FRONT STANCE, block down with your left hand, right hand in CHAMBER position

Step or half moon forward with your right foot into RIGHT FRONT STANCE, left hand returns to CHAMBER position right hand to RIGHT FRONT punch

Right arm bends at the elbow bringing fist to left ear

Right foot sweeps all the way behind as you turn to the right into RIGHT FRONT STANCE.

Block down with right hand, left hand in CHAMBER position

Step or half moon forward into LEFT FRONT STANCE, left hand to LEFT FRONT punch, right hand in CHAMBER position.

Bend left arm at elbow, bring left fist to right ear. Left foot slides half way to the left into LEFT FRONT STANCE, left hand blocks down, right hand still in chamber

Step or half moon forward into RIGHT FRONT STANCE, right hand to RIGHT FRONT punch, left hand to CHAMBER position

Step or half moon forward with the left foot into LEFT FRONT STANCE, left hand to LEFT FRONT punch, right hand to CHAMBER position

Step or half moon forward into RIGHT FRONT STANCE right hand to RIGHT FRONT punch, left hand to CHAMBER position. With this third punch there is a KIAI

Chamber right hand bring left hand to right ear and perform Tricky Turn - Left foot into LEFT FRONT STANCE, block down with your left hand, right hand in CHAMBER position

Step or half moon with your right foot into RIGHT FRONT STANCE, left hand returns to CHAMBER position right hand to RIGHT FRONT punch

Right arm bends at the elbow bringing fist to left ear

Right foot sweeps all the way behind as you turn to the right into FRONT STANCE.

Block down with right hand, left hand in CHAMBER position

Step or half moon forward into LEFT FRONT STANCE, left hand to FRONT PUNCH, right hand in CHAMBER position

Left foot slides back to Horse riding stance, bring bottom of hands together and perform salutation, right foot slides back to formal stance hands to front position, perform bow and bring hands to side in Formal stance