

## Pinian 1

### First Half

1. Begin feet together hands in "front position" left over right
2. Bow and bring bottom of hands together as you step out with your RIGHT foot into horse riding stance
  - a. Roll knuckles to two downward blocks # 7 & 8 this is your SALUTATION
3. 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
4. Half moon step forward with your right foot into RIGHT FRONT STANCE, left hand returns to CHAMBER position, right hand to RIGHT FRONT punch
5. Right arm now bends at the elbow bringing fist to left ear, right foot sweeps all the way behind as you turn 180° to the right into RIGHT FRONT STANCE. Block down with right hand, left hand in CHAMBER position
6. Half moon step forward into LEFT FRONT STANCE, left hand to LEFT FRONT punch, right hand in CHAMBER position
7. 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
8. Step or half moon forward into RIGHTFRONT STANCE, right hand to RIGHT FRONT punch, left hand to CHAMBER position
9. Step or half moon forward with the left foot into LEFT FRONT STANCE, left hand to LEFT FRONT punch, right hand to CHAMBER position
10. Step or half moon forward into RIGHT FRONT STANCE right hand to RIGHT FRONT punch, left hand to CHAMBER position
  - a. With this third punch there is a KIAI

### Second Half

11. 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
12. 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
13. Right arm bends at the elbow bringing fist to left ear, right foot sweeps all the way behind as you turn 180° to the right into RIGHT FRONT STANCE. Block down with right hand, left hand in CHAMBER position
14. Step or half moon forward into LEFT FRONT STANCE, left hand to LEFT FRONT punch, right hand in CHAMBER position.
15. Bend left arm at elbow, bring left fist to right ear, left foot slides half way, 90°, to the left into LEFT FRONT STANCE, left hand blocks down, right hand still in chamber
16. Step or half moon forward into RIGHT FRONT STANCE, right hand to RIGHT FRONT punch, left hand to CHAMBER position
17. Step or half moon forward with the left foot into LEFT FRONT STANCE, left hand to LEFT FRONT punch, right hand to CHAMBER position
18. Step or half moon forward into RIGHT FRONT STANCE right hand to RIGHT FRONT punch, left hand to CHAMBER position.
  - a. With this third punch there is a KIAI
19. 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
20. Step or half moon with your right foot into RIGHT FRONT STANCE, left hand returns to CHAMBER position, right hand to RIGHT FRONT punch
21. Right arm bends at the elbow bringing fist to left ear Right foot sweeps all the way behind you, 180°, as you turn to the right into FRONT STANCE. Block down with right hand, left hand in CHAMBER position
22. Step or half moon forward into LEFT FRONT STANCE, left hand to FRONT PUNCH, right hand in CHAMBER position
23. Left foot slides back to Horse riding stance, bring bottom of hands together and perform salutation
24. Right foot slides back to formal stance hands to front position. Perform bow and bring hands to side in Formal stance