

*Southern Sport Karate Organisation - Pinan Nidan (Kata 1)*



Yoi



Block



Junzuki



Turn 180



Gedan Barrai



Half Step Back



Block



Junzuki



Turn 90



Gedan Barrai



Jodan Uke



Jodan Uke



Jodan Uke



Turn



Gedan Barrai



Junzuki



Gedan Barrai



Junzuki



Gedan Barrai



Junzuki



Junzuki



Junzuki



Turn



Prepare



Spear Hand



Turn – Prepare



Spear Hand



Turn – Prepare



Spear Hand



Turn – Prepare



Spear Hand



Yamae