

Southern Sport Karate Organisation - Pinan Shodan (Kata 2)



Yoi



Block



Strike Down



Strike



Turn Block



Strike Down



Strike



Turn 90



Soto Uke - Maegeri



Prepare to Turn



Turn - Shuto Uke



Shuto Uke



Shuto Uke



Spear Hand



Turn - Shuto Uke



Shuto Uke



Turn - Shuto Uke



Shuto Uke



Step Across



Soto Uke



Maegeri



Gyakuzuki



Soto Uke



Maegeri



Gyakuzuki



Morote Uke



Step Round



Gedan Barai



Jodan Uke



Gedan Barai



Jodan Uke



Yamae