

Southern Sport Karate Organisation - Pinan Yodan (Kata 4)



Yoi



Block



Block



Turn - Prepare



Gedan Juji Uke



Morote Uke



Step Up



Gedan Barai - Maegeri



Empi



Step Up



Gedan Barai - Maegeri



Empi



Step Across Block



Maegeri



Prepare



Back Fist



Step Round



Soto Uke



Maegeri



Junzuki



Gyakuzuki



Soto Uke



Maegeri



Junzuki



Gyakuzuki



Morote Uke



Morote Uke



Morote Uke



Prepare



Double Block



Pull -Knee



Step Across



Prepare



Block



Step Across



Prepare



Block



Break Stance



Yamae