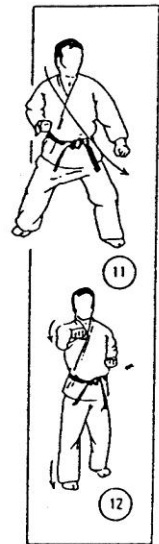
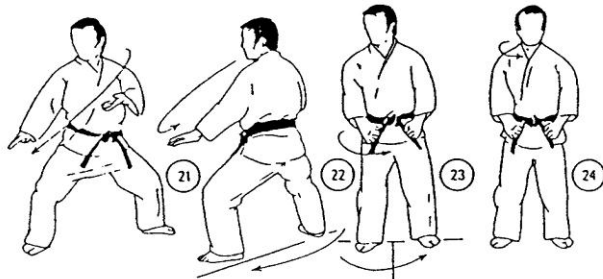
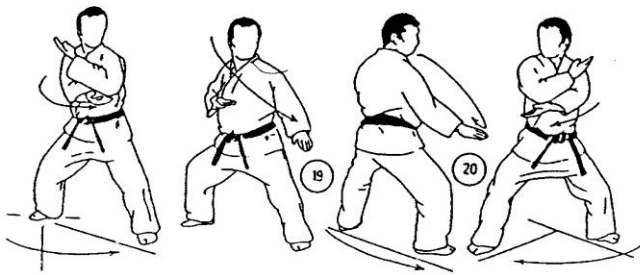
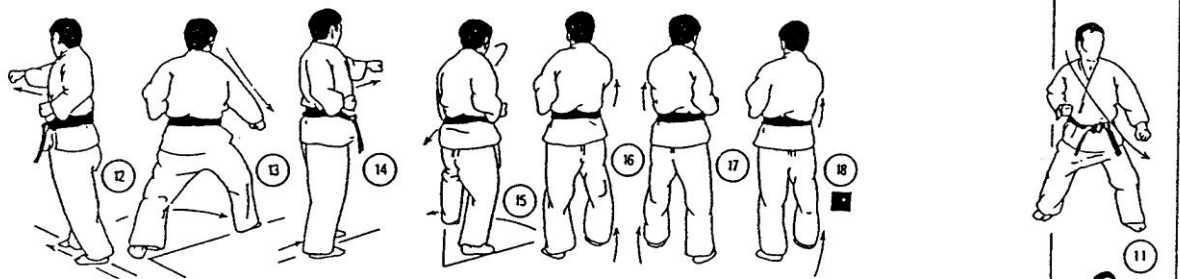
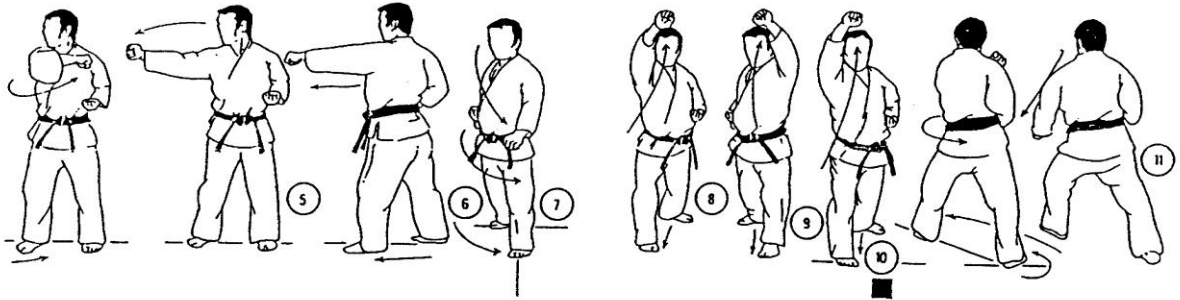
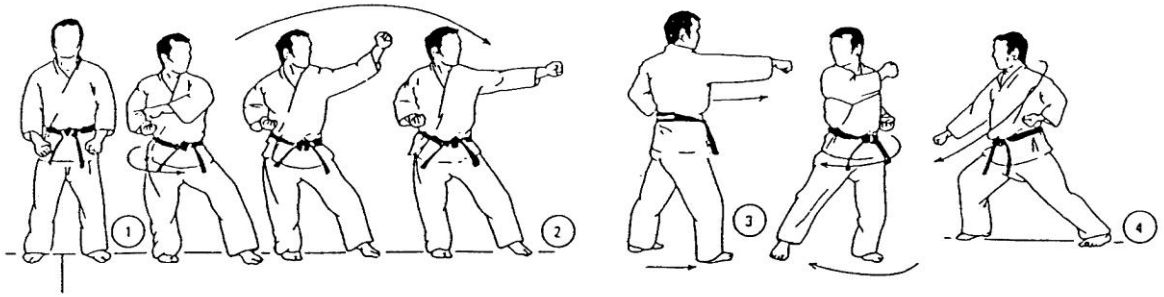


PINAN NIDAN



Benummering bij Pinan Nidan

- *. Groeten vanuit musube dachi.
 - 1. rechtersvoet verplaatsen naar soto hachiji dachi in yoi-no-kamae.
 - 2. Kentsui uchi otoshi (links) in neko ashi dachi (links).
 - 3. Oi zuki chudan (rechts) in moto dachi (rechts).
 - 4. Gedan barai (rechts) in zenkutsu dachi (rechts).
 - 5. Kentsui uchi otoshi (rechts) in moto dachi (rechts).
 - 6. Oi zuki chudan (links) in moto dachi (links).
 - 7. Gedan barai (links) in zenkutsu dachi (links).
 - 8. Age uke (rechts) in zenkutsu dachi (rechts).
 - 9. Age uke (links) in zenkutsu dachi (links).
 - 10. Age uke (rechts) in zenkutsu dachi (rechts) - - - **kiai**
 - 11. Gedan barai (links) in zenkutsu dachi (links).
 - 12. Oi zuki chudan (rechts) in moto dachi (rechts).
 - 13. Gedan barai (rechts) in zenkutsu dachi (rechts).
 - 14. Oi zuki chudan (links) in moto dachi (links).
 - 15. Gedan barai (links) in zenkutsu dachi (links).
 - 16. Oi zuki chudan (rechts) in moto dachi (rechts).
 - 17. Oi zuki chudan (links) in moto dachi (links).
 - 18. Oi zuki chudan (rechts) in moto dachi (rechts) - - - **kiai**
 - 19. Shuto gedan barai (links) in shiko dachi.
 - 20. Shuto gedan barai (rechts) in shiko dachi.
 - 21. Shuto gedan barai (rechts) in shiko dachi.
 - 22. Shuto gedan barai (links) in shiko dachi.
 - 23. Linkersvoet terugzetten naar soto hachiji dachi in yoi-no-kamae (blijven kijken naar rechts).
 - 24. recht naar voren kijken in yoi-no-kamae.
 - **.
- Rechtersvoet bijsluiten naar musube dachi en groeten.