

Pinan Shodan Imote

First Peace Drill



**ACADEMY OF
TRADITIONAL
KARATE**

Teaching life skills since 1989

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This is a drill based on moves from the kata Pinan Shodan.
Yoi position as in Pinan kata but at 45° angle, Left foot forward.
On kawate, attacker steps back Right into L-zenkutsu-dachi with
L-gedan-barai and R-chamber.

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Attack	Defense
1) Step forward Right into zenkutsu-dachi, oi-zuki (lunge punch), gyaku-zuki (reverse punch) to solar plexus. Hands up, shuffle back.	1) Step back Right into shiko-dachi, Left-chudan-uke (chest block) & Right-jodan-uke (high block) (1st Pinan Shodan move) blocking first punch. Sweep high block down to block second punch and chamber Left. Step forward Left into angled shiko-dachi, Left-oi-zuki (lunge punch) to solar plexus.
2) Step forward Left into zenkutsu-dachi, oi-zuki (lunge punch) to solar plexus.	2) Step back Left, simultaneous Right-chudan-uke (chest block)/ Right-mae-geri (front kick) to the solar plexus. Hold Right-knee up chambered until next attack.
3) Step forward Right into zenkutsu-dachi. Oi-zuki (lunge punch), gyaku-zuki (reverse punch), oi-zuki (lunge punch) to solar plexus.	3) Step back Right into neko-ashi-dachi. Block first punch with Left-double shuto-uke (knife hand) (from Pinan Shodan). Step Left foot out deeper into zenkutsu-dachi, parry second punch down Left-teisho (palm heel) & Right-nukite (spear hand) to throat (palm up). Step back Right into nekoashi-dachi, block third punch with Left-double shuto-uke (knife hand). Grab wrist pulling into Left-chamber. Step forward Right into neko-ashi-dachi, Right-shuto (knife hand) to neck (upper Right shoulder).
4) Step forward Left into zenkutsu-dachi, oi-zuki (lunge punch) to solar plexus. Hands up, shuffle back to avoid kick.	4) Step back Left then Right into kosa-dachi (hook stance), Right-chudan-uke (chest block) blocking punch. Right-mae-geri (front kick) to solar plexus. Drop Right foot into Right-zenkutsu-dachi (shuffling forward if necessary), Left-gyaku-zuki (reverse punch) to solar plexus.
5) Step forward Right into zenkutsu-dachi, oi-zuki (lunge punch) to solar plexus.	5) Shuffle backward if necessary still in Right-zenkutsu-dachi, rotate at waist ducking Left to avoid punch. Perform a morote-chudan-uke (Right-chudan-uke (chest block) to upper arm, Left-tetsui (hammer fist) to the ribs/kidney area).
6) Step forward Left into zenkutsu-dachi, oi-zuki (lunge punch) low to the obi.	6) Step back Right into zenkutsu-dachi. Left-gedan-barai (low block) blocking the punch.
7) Step forward Right into zenkutsu-dachi, oi-zuki (lunge punch) to chin/nose.	7) Step back Left into zenkutsu-dachi, Right-jodan-uke (high block), Left-gyaku-zuki (reverse punch) to the solar plexus with recoil back to chamber keeping Right-hand up.

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