# Pinan Sandan

1. From Discipline step out left to a horse stance, looking left
2. Pivot to face left and do an inside block with the left arm
3. Step up (right foot to left)
4. Do a double block
5. Do another double block (left arm ends up)
6. Pivot 180\* and do a right arm inside block
7. Step Left foot next to right
8. Do a double block
9. Do another double block (right arm ends up)
10. Step out to the front with a reinforced inside block (left hand block, right reinforce)
11. Do a down sweep with the left hand, step forward with the right leg and do a right-hand spear to opponent’s sternum.
12. Turn over (thumb down) right hand, spin 360\* to the front coming to a left down-block with the right hand in chamber.
13. Do 3 c-step and punches
14. Pivot to the rear bringing the right foot to the left, hands on hips, palms up.
15. Step with the right foot and pivot to face your left (3:00)
16. Do a forward elbow block, back elbow block, and a right hand backfist
17. Pivot feet toward back as part of that sequence.
18. Step through with left foot and face your right (9:00)
19. Do a forward elbow block, back elbow block, and a left hand backfist
20. Pivot feet toward back as part of that sequence
21. Step with the right foot and pivot to face your left (3:00)
22. Do a forward elbow block, back elbow block, and a right hand backfist
23. Do a double punch to double chamber
24. Reach to the rear (original rear) with right hand and grab,
25. Pull RH toward you as you c-step through with a left reverse punch
26. Quickly C-step with right foot to a horse and continue with a 180\* spin (moving to your right)
27. Completion of spin is a right punch behind left ear, chamber left elbow to opponent’s ribs (opponent is behind you- e.g., bear hug)
28. Avoid sweep with the right leg, and back down, shifting to a left punch behind right ear, right chamber with elbow to opponent’s ribs.
29. Step in to a fudo dachi
30. Discipline/Respect