# Pinon Godan

1. Step out to a horse stance
2. Turn left, inside block, Cat Stance
3. Punch Right,
4. Slowly, with exhale, bring left hand over right, double chamber on Right side, Bring Right foot to left at same time.
5. Right Foot Step out to Right foot forward cat, inside block.
6. Punch Left
7. Slowly, with exhale, bring right hand over left, left side double chamber, bring left foot into right.
8. Face 45\* right from front, reinforced inside block, (Fight foot forward)
9. Step forward to 45\* left, left foot forward, deep X block
10. Step quickly in, then out with left foot, to a LFF cat stance, place hands above head in an X block
11. Twist back and forth (Twice) with X block
12. Left Punch/jab
13. Right Step forward, Right punch
14. Quickly move left foot behind right, roll hands to a reinforced inside block
15. Step out with left foot to back (facing 90\* left from front), left down block, right High Inside block (super man)
16. Left hand grab over right shoulder, Turn to back left side (270\*), right knee to ground, throw/x block
17. Step up to a rear facing reinforced block (RFF)
18. Pivot/Step with left foot to face original right side, Left foot cat stance left arm downblock, right arm High Inside Block (Dragon Whip)
19. Quickly Turn 180\* (Face original left side)
20. Extend right leg Cat stance, Right arm down block, Left arm High Inside Block (Dragon Whip)
21. RF Step back to forward facing horse stance,
22. Discipline, Respect