



Naihanchi Shodan

Count	Action	Stance
	Kyotsuke – Left Foot In	Musubi
	Rei	
	Yoi – Naihanchi Yoi	
	Push	Heisoku
1	Look Right – 1 inch	Right foot opens to 45
2	Step Across	Juji Ashi
3	Step Behind, Strike Out, Kiai	Naihanchi
4	Elbow	
5	Pull – Look Left – 1 inch	
6	Down Strike	
7	Naihanchi Punch	
8	Step Across	Juji Ashi
9	Feet Together, Single Forearm Strike – Look Straight	Heisoku
	Slide Out, Double Forearm Strike	Naihanchi
10	Face Punch, Cover	
11	Left Kick, Strike Out & In – Look Left, Right – 1 inch	
12	Right Kick, Strike Across	
13	Pull – Look Left – 1 inch	
14	Double Strike Out – Kiai	
15	Strike Out	
16	Elbow	
17	Pull – Look Right – 1 inch	
18	Down Strike	
19	Naihanchi Punch	
20	Step Across	Juji Ashi
21	Feet Together, Single Forearm Strike – Look Straight	Heisoku
	Step Behind, Slide Out, Double Forearm Strike	Naihanchi
22	Face Punch, Cover	
23	Right Kick, Strike Out & In – Look Right, Left – 1 inch	
24	Left Kick, Strike Across	
25	Pull	
26	Double Strike Out – Kiai	Musubi
27	Yamae	Heisoku
	Push	Musubi
	Kyotsuke	
	Rei	
	Yoi – Left Foot Out, Hands, Fets, Push, Twist	Heiko

Remember:
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Naihanchi Nidan

Count	Action	Stance
	Kyotsuke	Musubi
	Rei	
	Yoi – Hands, Feet, Push, Twist – Left Foot Out	Heiko
1	Look Right – 1 inch	
2	Step Across, Push Down	Juji Ashi
3	Pull – Below Sternum	
4	Step Behind, Slide Out, Strike Out	Naihanchi
5	Step Across, Strike In – Flat Hand	Juji Ashi
6	Step Behind, Slide Out, Strike Out – Flat Hand - Kiai	Naihanchi
7	Look Left – 1 inch	
8	Step Across, Pull – Below Sternum	Juji Ashi
9	Step Behind, Slide Out, Strike Out	Heisoku
10	Step Across, Strike In – Flat Hand	Naihanchi
11	Step Behind, Slide Out, Strike Out – Flat Hand - Kiai	
12	Pull, Flat Hand, Look Straight	
13	Down Strike, Flat Hand	
14	Elbow – Kiai	
15	Knife Hand, Look Right – 1 inch	
16	Naihanchi Punch	
17	Step Across	Juji Ashi
18	Feet Together, Single Forearm Strike, Look Straight	Heisoku
	Slide Out, Double Forearm Strike	Naihanchi
19	Face Punch, Cover	
20	Pull, Flat Hand	
21	Down Strike, Flat Hand	
22	Elbow – Kiai	
23	Knife Hand, Look Left – 1 inch	
24	Naihanchi Punch	
25	Step Across	Juji Ashi
26	Feet Together, Single Forearm Strike, Look Straight	Heisoku
	Slide Out, Double Forearm Strike	Naihanchi
27	Face Punch, Cover	
	Yamae, Left Slides In, Left Arm Over Right, Right pops out and up	Heiko
	Push	
	Kyotsuke	Musubi
	Rei	
	Yoi – Left Foot Out, Hands, Feet, Push, Twist	Heiko

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Naihanchi Sandan

Count	Action	Stance
	Kyotsuke	Musubi
	Rei	
	Yoi – Hands, Feet, Push, Twist – Left Foot Out	Heiko
1	Slide Out, Single Forearm Strike	Naihanchi
2	Double Forearm Strike	
3	Cross Inner Forearm Strike	
4	Face Punch	
5	Pull - Flat Hand	
6	Mid Punch – Flat Hand - Kiai	
7	Single Forearm Strike, Look Right – 1 inch	
8	Step Across	Juji Ashi
	Feet Together	Heisoku
	Slide Out, Strike Out	Naihanchi
9	Down Strike, Look Straight	
10	Pull	
11	Mid Punch – Flat Hand - Kiai	
12	Double Forearm Strike	
13	Double Forearm Strike	
14	Face Punch, Cover	
15	Step Across	Juji Ashi
	Feet Together, Cross Inner Forearm Strike	Heisoku
16	Slide Out, Face Punch	Naihanchi
17	Pull	
18	Mid Punch – Flat Hand - Kiai	
19	Single Forearm Strike	
20	Step Across	Juji Ashi
	Feet Together	Heisoku
	Slide Out, Strike Out	Naihanchi
21	Down Strike	
22	Pull	
23	Mid Punch – Flat Hand	
24	Knife Hand, Look Right – 1 inch	
25	Naihanchi Punch	
26	Step Across	Juji Ashi
	Feet Together, Single Forearm Strike	Heisoku
	Slide Out, Double Forearm Strike	Naihanchi
27	Face Punch, Cover – Kiai	
	Yamae, Right Slides In, Right Arm Over Left, Left pops in and up	Heiko
	Push	

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	Kyotsuke	Musubi
	Rei	
	Yoi – Left Foot Out, Hands, Feet, Push, Twist	Heiko

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Tomari Seisan

Count	Action	Stance
	Kyotsuke	Musubi
	Rei	
	Yoi – Hands, Feet, Push, Twist – Left Foot Out	Heiko
1	Seisan Strike – Meotode	Seisan
2	Pull	
3	Mid Punch – Atemi	
4	Seisan Strike – Meotode	
5	Pull	
6	Mid Punch – Todome - Kiai	
7	Pull – Slow - Tension	
8	Seisan Strike	
9	Pull	
10	Mid Punch - Atemi	
11	Double Pull – with Kake	
12	Double Punch	
13	Double Forearm Strike, Double Forearm Strike	
14	Double Pull - Flat Hands	
15	Double Down Strike – Fingers	
16	Raise Knee – Kiai	
	Step Across, Turn	
	Seisan Hands	
17	Seisan Hands	
18	Seisan Hands	
19	Look left – 1 inch, Turn Left, Seisan Strike	
20	Cover Shuffle, Mid Punch, Mid Punch	
21	Mid Punch – Kiai ,	
	Look Right, 1 inch, Step Across	Maki
	Turn, Seisan Strike	Seisan
22	Cover Shuffle, Mid Punch, Mid Punch	
	Mid Punch – Kiai	
23	Look Left – 1 inch, Twist	Seisan
24	Step Across	Juji Ashi
25	Side Kick	
	Down Strike - Kiai	Naihanchi
26	Look Right – 1 inch, Turn Right, Seisan Strike	Seisan
27	Step Across	Juji Ashi
28	Side Kick	
	Down Strike - Kiai	Naihanchi
29	Flat Hand Cover	
30	Punch Down – Full Twist	Naihanchi

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31	Look Right – 1 inch	
	Turn, Pull with Kake, Step Back	Seisan
32	Double Punch	
33	Feet Together	Musubi
34	Double Hand Cover	Neko Ashi
35	Yamae, Right Hand Outside, Kake	Heiko
	Kyotsuke	Musubi
	Rei	
	Yoi – Left Foot Out, Hands, Feet, Push, Twist	Heiko

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Pinan Shodan

Count	Action	Stance
	Kyotsuke	Musubi
	Rei	
	Yoi – Hands, Feet, Push, Twist – Right Foot Out	Heiko
1	Look Left – 1 inch	
2	Turn, Upper Forearm Strike, Single Flat Forearm Strike	Neko Ashi
3	Inner Forearm Strike	
	Dropping Forearm Strike	
	Punch	
4	Turn, Upper Forearm Strike, Single Flat Forearm Strike	
5	Inner Forearm Strike	
	Dropping Forearm Strike	
	Punch	
6	Pull	Heisoku
7	Side Kick, Backfist, Drop, Cover, Pinan Strike – Kiai	Kaki
8	Pinan Strike	Seisan
9	Pinan Strike	
10	Finger Strike with Flat Hand Cover - Kiai	
11	Look Right – 1 inch, Cover, Turn, Pinan Strike	
12	Look Straight – 1 inch, Pinan Strike	
13	Look Right - inch, Pinan Strike	
14	Pinan Strike	
15	Look Left – 1 inch, Turn to Square, Punch, Single Forearm Strike	
16	Front Thrust Kick - Kiai	
	Mid Punch	
17	Single Forearm Strike	
18	Front Thrust Kick	
	Mid Punch	
19	Single Forearm Strike	
20	Look Left - 1 inch, Step Through, Seisan Strike – Kiai	
21	Look Left – 1 inch, Turn, Cover, Down Strike	
22	Step Through, Upper Strike	
23	Look Right – 1 inch, Turn, Down Strike	
24	Step Through, Upper Strike	
25	Look Left – 1 inch, Kake High	Heiko
	Push	
	Kyotsuke – Right Foot In	Musubi
	Rei	
	Yoi – Hands, Feet, Push, Twist – Right Foot Out	Heiko

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Pinan Nidan

Count	Action	Stance
	Kyotsuke	Musubi
	Rei	
	Yoi – Hands, Feet, Push, Twist – Right Foot Out	Heiko
1	Look Left – 1 inch	
2	Down Strike	Naihanchi
3	Rising Strike, Dropping Forearm Strike	Neko Ashi
4	Mid Punch – Kiai	Seisan
5	Look Right – 1 inch, Down Strike	Naihanchi
6	Rising Strike, Dropping Forearm Strike	Neko Ashi
7	Mid Punch – Kiai	Seisan
8	Look Left – 1 inch, Down Block	
9	Upper Strike	
10	Upper Strike	
11	Upper Strike	
12	Look Left – 1 inch, Turn, Cover, Down Strike	
13	Face Punch	
14	Look Right – 1 inch, Turn, Cover, Down Strike	
15	Face Punch	
16	Look Left – 1 inch, Turn, Down Strike	
17	Mid Punch	
18	Mid Punch	
19	Mid Punch – Kiai	
20	Step Behind	Maki
21	Twist, Double Down Strike - Knifehand	Neko Ashi
22	Step, Double Down Strike – Knifehand	
23	Look Right – 1 inch, Turn	
	Double Down Strike – Knifehand	
24	Step, Double Down Strike – Knifehand	
25	Look Straight – 1 inch, Right Foot In, High Kake	Heiko
	Push	
	Kyotsuke – Right Foot In	Musubi
	Rei	
	Yoi – Hands, Feet, Push, Twist – Right Foot Out	Heiko

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Pinan Sandan

Count	Action	Stance
	Kyotsuke	Musubi
	Rei	
	Yoi – Hands, Feet, Push, Twist – Right Foot Out	Heiko
1	Look Left – 1 inch	
2	Single Forearm Strike	Neko Ashi
3	Step Up, Double Forearm Strike, Double Forearm Strike	Heisoku
4	Look Right – 1 inch, Turn, Single Forearm Strike	Neko Ashi
5	Step Up, Double Forearm Strike, Double Forearm Strike	Heisoku
6	Look Left – 1 inch, Turn, Seisan Strike	Seisan
7	Finger Strike, Flat Hand Cover – Kiai	
8	Hand Cover	
9	Look Left – 1 inch, Turn, Cover	Heisoku
	Step Back	Maki
	Twist, Down Strike	Naihanchi
10	Mid Punch	Seisan
11	Mid Punch	
12	Mid Punch – Kiai	
13	Look Left – 1 inch, Twist, Pull	Heisoku
14	Step Forward	Maki
	Twist, Look Right – 1 inch	Naihanchi
15	Half Turn (Drum), Mid Side Punch, Pull	
16	Step Through	Maki
	Twist, Look Left – 1 inch	Naihanchi
17	Half Turn (Drum), Mid Side Punch, Pull	
18	Step Through	Maki
	Twist, Look Right – 1 inch	Naihanchi
19	Half Turn (Drum), Mid Side Punch, Pull	
20	Pull	
21	Step Through, Look Straight, Mid Punch	Seisan
22	Step Up	Heiko
23	Look Left – 1 inch, Step Behind	Maki
	Turn, Face Punch, Cover	Heiko
24	Naihanchi Kick, Face Punch, Cover	Naihanchi
25	Right Foot In, High Kake	Heiko
	Push	
	Kyotsuke – Right Foot In	Musubi
	Rei	
	Yoi – Hands, Feet, Push, Twist – Right Foot Out	Heiko

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Pinan Yondan

Count	Action	Stance
	Kyotsuke	Musubi
	Rei	
	Yoi – Hands, Feet, Push, Twist – Right Foot Out	Heiko
1	Look Left – 1 inch	
2	Upper Forearm Strike, Single Flat Forearm Strike – Open Hands	Neko Ashi
3	Look Right – 1 inch, Twist	
4	Upper Forearm Strike, Single Flat Forearm Strike – Open Hands	
5	Look Left – 1 inch, Double Down Strike, Crossed	Seisan
6	Seisan Strike	
7	Pull, Look Left – 1 inch	Heisoku
8	Side Kick, Drop Turn, Inward Elbow, Flat Hand Cover - Kiai	Seisan
	Pull, Look Right – 1 inch	Heisoku
9	Side Kick, Drop Turn, Inward Elbow, Flat Hand Cover - Kiai	Seisan
10	Look Left – 1 inch, Twist, Upper Strike – Open Hand, High Forearm Strike	
11	Mid Front Thrust Kick	
	Down Strike	Maki
	Inner Forearm Strike	Juji Ashi
	Backfist	
	Slide Back, Seisan Strike	Seisan
12	Shuffle Cover, Mid Punch, Mid Punch	
13	Look Left – 1 inch, Cover, Turn, Down Strike, Cross Down Strike	
14	Double High Forearm Strike	
15	Mid Front Thrust Kick, Mid Punch, Mid Punch - Kiai	
16	Look Right – 1 inch, Cover, Turn Down Strike, Cross Down Strike	
17	Double High Forearm Strike	
18	Mid Front Thrust Kick, Mid Punch, Mid Punch - Kiai	
19	Look Left – 1 inch, Turn, Seisan Strike	
20	Seisan Strike	
21	Seisan Strike	
22	Double Upper Strike – Finger Thrust	
23	Knee Cover	Maki
	Turn, Cover, Pinan Strike - Kiai	Kaki
24	Pinan Strike	
25	Right Foot In, High Kake	Heiko
	Push	
	Kyotsuke – Right Foot In	Musubi
	Rei	
	Yoi – Hands, Feet, Push, Twist – Right Foot Out	Heiko

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Pinan Godan

Count	Action	Stance
	Kyotsuke	Musubi
	Rei	
	Yoi – Hands, Feet, Push, Twist – Right Foot Out	Heiko
1	Look Left – 1 inch	
2	Single Forearm Strike	Neko Ashi
3	Mid Punch	
4	Look Right – 1 inch, Pull Up, Naihanchi Punch	Heisoku
5	Single Forearm Strike	Neko Ashi
6	Mid Punch	
7	Look Left – 1 inch, Pull Up, Naihanchi Punch	Heisoku
8	Look Straight, Seisan Strike	Seisan
9	Look Left – 1 inch, Down Strike, Cross Down Strike	
10	Look Right – 1 inch, Pull	Kaki
11	Cross Upper Strike – Open Hands	
12	Roll	
13	Pull	
14	Knife Hand	
15	Step, Mid Punch – Hands Swap	Seisan
16	Down Strike	Maki
	Inner Forearm Strike	Juji Ashi
	Face Punch	
17	Look Left – 1 inch, Turn	Neko Ashi
18	Down Strike	
19	Look Left – 1 inch, Knee High, Pivot	
	Cross Down Strike	One Knee
20	Look Right – 1 inch, Seisan Strike	Seisan
21	Look Left – 1 inch, Turn	Neko Ashi
22	Down Strike	
23	Pull In, High Kake	Heisoku
24	Down Strike	Neko Ashi
25	Right Foot In, High Kake	Heiko
	Push	
	Kyotsuke – Right Foot In	Musubi
	Rei	
	Yoi – Hands, Feet, Push, Twist – Right Foot Out	Heiko

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Passai

Count	Action	Stance
	Kyotsuke	Musubi
	Rei	
	Yoi – Hands High, Open and Closed	
	Push	Heisoku
1	Step Forward	Neko Ashi
2	Step Across, Look Right – 1 inch	
	Step Behind, Forearm Strike and Cover	Juji Ashi
3	Double Upper Strike - Open Hands	Naihanchi
4	Inner Forearm Strike – Open Hand	
	Dropping Forearm Strike – Open Hand	
	Mid Punch	
5	Pull	Heisoku
6	Down Strike, Naihanchi Punch	Naihanchi
7	Naihanchi Kick, Hand Cover – Land Turtle	
8	Inner Forearm Strike, Knifehand	
9	Knifehand	
10	Mid Punch	Maki
11	Twist, Mid Punch	
	Twist, Mid Punch	
12	Passai Cover	Neko Ashi
13	Passai Cover	
14	Passai Cover	
15	Pull Back	Kokutsu
16	Square Up, Low Hand Cover	Maki
	Pull, Knee Cover	
	Low Side Kick - Kiai , Drop Turn	Seisan
	Pinan Strike	
17	Pinan Strike	
18	Step Up, Double Upper Strike	Heisoku
19	Double Down Forearm Strike	Neko Ashi
20	Rising Elbow Strike	Naihanchi
21	Inner Forearm Strike	
22	Look Right – 1 inch, Seisan Strike	Heisoku
23	Look Left – 1 inch, Cover, Down Strike	Naihanchi
24	Cover - Open Hand, Twist	
	Naihanchi Kick	
	Cover – Open Hand, Low Punch – Twisted - Kiai	
25	Low Punch, Low Punch – Both Twisted	
26	Look Right – 1 inch, Pull – From Elbow, Step Back	Seisan
27	Mid Double Punch	

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28	Pull	Heiko
	Mid Double Punch	Seisan
29	Pull	Heiko
	Mid Double Punch	Seisan
30	Twist, Single Forearm Strike	Maki
31	Twist, Single Forearm Strike	
32	Look Left – 1 inch, Twist	
	Passai Cover	Neko Ashi
33	Look Right – 1 inch, Step Behind	Sankaku
	Twist, Passai Cover	Neko Ashi
34	Look Left – 1 inch, Square Up	
35	Step Back, Hands High – Open and Closed	Musubi
	Push	Heisoku
	Kyotsuke	Musubi
	Rei	
	Yoi – Hands, Feet, Push, Twist – Left Foot Out	Heiko

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Kusanku

Count	Action	Stance
	Kyotsuke	Musubi
	Rei	
	Yoi – Left Foot Out, hands, Feet, Push, Twist	Heiko
	Trace the Square – Count of 10 – (2 x Dojo Kun)	
1	Look Left – 1 inch	Naihanchi
2	Pinan Strike	
3	Look Right – 1 inch, Pinan Strike	
4	Pull – Hand Open	Juji Ashi
5	Knifehand	Naihanchi
6	Mid Punch, Kake, Cover, Single Forearm Strike	
7	Mid Punch, Kake, Cover, Single Forearm Strike	
8	Look Right – 1 inch, Pull	Heisoku
9	Side Kick, Backfist – Kiai , Drop, Cover, Pinan Strike	Kaki
10	Pinan Strike	Seisan
11	Pinan Strike	
12	Finger Strike – Kiai	
13	Look Left – 1 inch, Cover	Maki
	Twist, Upper Strike, High Forearm Strike	Seisan
14	Mid Front Thrust Kick, Drop Down	Maki
	Mid Forearm Strike, Low Strike	
15	Inner Forearm Strike, Dropping Forearm Strike	Naihanchi
	Punch	
16	Upper Strike, High Forearm Strike	Seisan
17	Mid Front Thrust Kick, Drop Down	Maki
	Mid Forearm Strike, Low Strike	
18	Inner Forearm Strike, Dropping Forearm Strike	Naihanchi
	Punch	
19	Twist	Maki
	Step Up, Pull	Heisoku
20	Side Kick, Drop Turn, Inward Elbow, Flat Hand Cover - Kiai	Seisan
	Pull, Look Right – 1 inch	Heisoku
21	Side Kick, Drop Turn, Inward Elbow, Flat Hand Cover - Kiai	Seisan
22	Look Left – 1 inch, Pinan Strike	
23	Pinan Strike	
24	Look Right – 1 inch, Pinan Strike	
25	Pinan Strike	
26	Look Left – 1 inch, Twist, Upper Strike – Open Hand, High Forearm Strike	
27	Mid Front Thrust Kick	
	Down Strike	Maki

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	Inner Forearm Strike	Juji Ashi
	Backfist - Kiai	
	Slide Back, Seisan Strike	Seisan
28	Mid Punch, Mid Punch	
29	Look Left – 1 inch, Twist, Double Outer Forearm Strike	Sankaku
30	Knee Cover	
31	Drop, Double Slap	Maki
	Rear Pinan Strike	Kokutsu
32	Seisan Block	Seisan
33	Cover Shuffle, Mid Punch, Mid Punch	
34	Look Left – 1 inch, Cover	Maki
	Turn, Cover Shuffle, Mid Punch, Mid Punch	Seisan
35	Look Right – 1 inch, Step Up, Pull	Heisoku
36	Side Kick, Backfist – Kiai , Drop, Cover, Pinan Strike	Kaki
37	Finger Strike, Flat Hand Cover	
38	Hand Cover	
39	Look Left – 1 inch, Turn, Cover	Heisoku
	Step Back	Maki
	Twist, Single Forearm Strike	Naihanchi
40	Naihanchi Kick, High Backfist	
	Elbow, Pull	
41	Twist, Step Through, Cover	Maki
	Double Forearm Strike	
	Down Strike	
42	Pull, High Forearm Strike – Hands Open	
43	Look Left – 1 inch, Twist	Maki
	Step Back	Seisan
44	Jump Front Kick - Kiai , Seisan Strike	Seisan
45	Look Right – 1 inch, Step Back, Down Strike	Sankaku
	Twist, Cover Up, High Kake	Heiko
	Push	
	Kyotsuke – Left Foot In	Musubi
	Rei	
	Yoi – Hands, Feet, Push, Twist – Left Foot Out	Heiko

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Neiseishi

Count	Action	Stance
	Kyotsuke	Musubi
	Rei	
	Yoi – Left Foot Out, hands, Feet, Push, Twist	Heiko
1	Double Outer Forearm Strike	
2	Step back, Pull – Open Hand	Neko Ashi
3	Shuffle Forward, Mid Punch – Open Hand Cover - Kiai	Seisan
4	Double Forearm Strike, Double Forearm Strike	
5	Look Right – 1 inch, Step, Cover	Maki
	Turn, Double Outer Forearm Strike	Seisan
6	Double Outer Forearm Strike, Cover	
	Look Left – 1 inch, Knifehand	
7	Slide Up	Heisoku
	Low Side Kick, Drop	Naihanchi
	Naihanchi Punch, Look Right – 1 inch, Knifehand	
8	Slide Up	Heisoku
	Low Side Kick, Drop, Naihanchi Punch	Naihanchi
9	Double Palm Strike	Seisan
10	Look Left – 1 inch, Step Across, Cover	Maki
	Twist, Upper Forearm Strike, Low Clear	Seisan
11	Step Up, Hands Together	Heisoku
	Step Through, Low Forearm Strike, Cover – Open Hands	Seisan
12	Seisan Strike	
13	Step Through, Punch, Hook, High Elbow	Maki
14	Look Left - 1 Inch, Low Strike, Double Forearm Strike	
15	Seisan Strike	Seisan
16	Step Through, Punch, Hook, High Elbow	Maki
17	Look Left - 1 Inch, Low Strike, Double Forearm Strike	
18	Seisan Strike	Seisan
19	Step Through, Punch, Hook, High Elbow	Maki
20	Look Left - 1 inch, Low Strike, Double Forearm Strike	
21	Look Left – 1 inch, Step Across, Cover	
	Turn, Pull	Seisan
22	Double Punch	
23	Step Back	Musubi
24	Double Hand Cover	Neko Ashi
25	Yamae, Right Hand Outside, Kake	Heiko
	Kyotsuke	Musubi
	Rei	
	Yoi – Left Foot Out, Hands, Feet, Push, Twist	Heiko

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