



Pinan 3

and applications

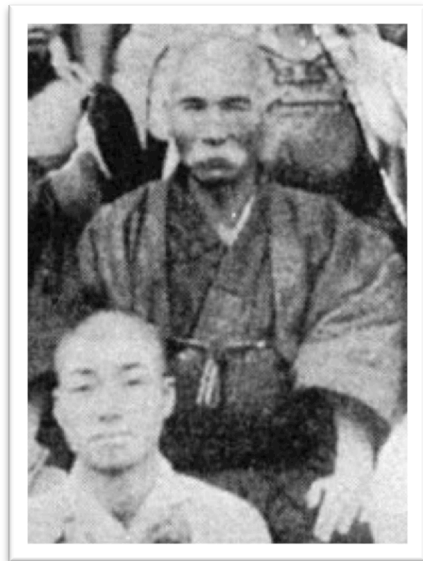


Introduction

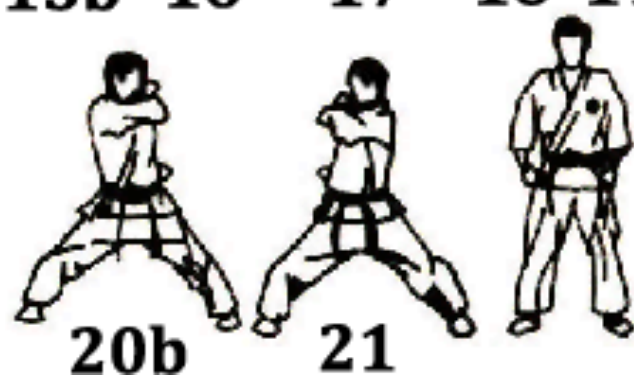
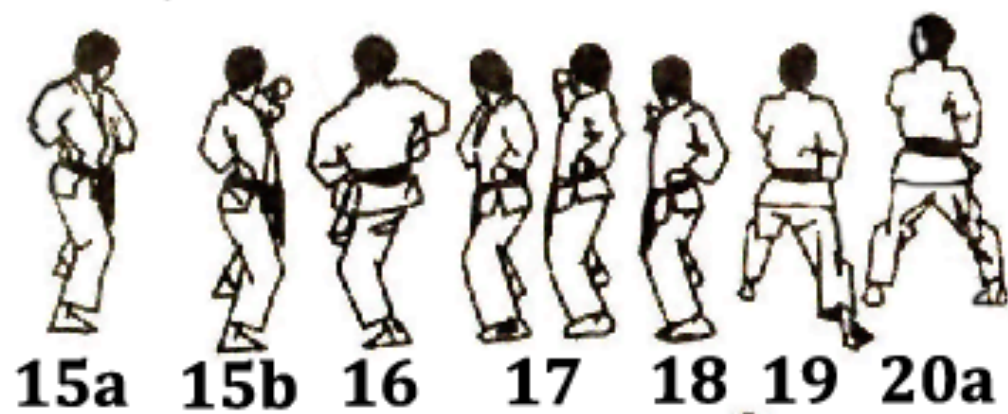
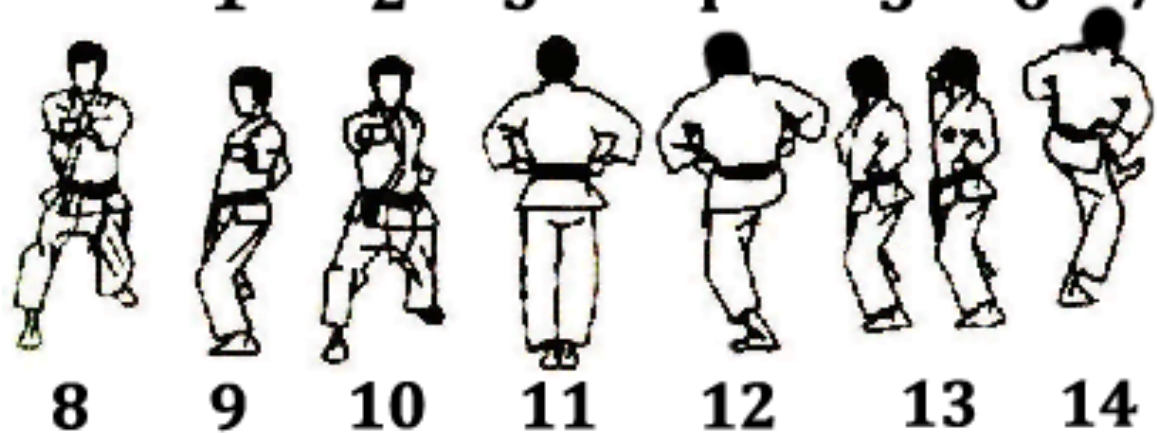
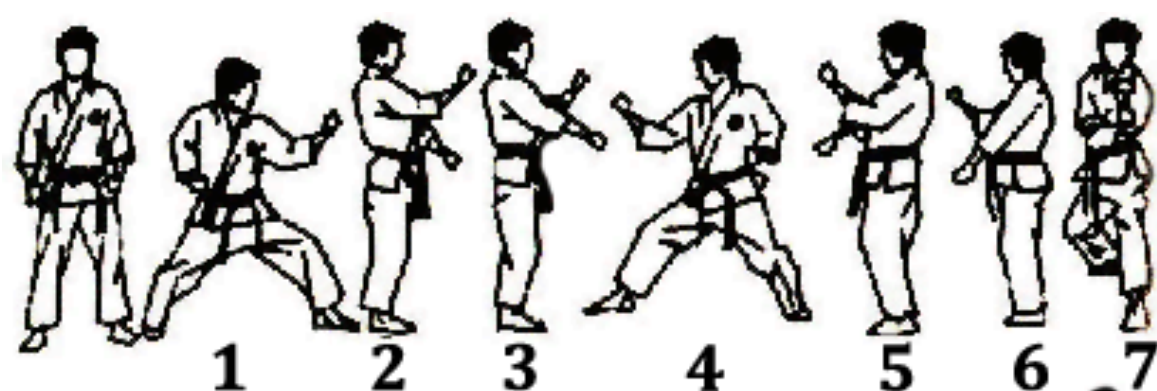
The Pinan kata are a series of five empty hand forms created by Itosu Anko in Okinawa in the late 1800's. Gichin Funakoshi later popularized these forms as Shotokan's Heian kata. They incorporate a wide variety of stances and techniques designed to introduce and drill the basic combinations of hard style karate.

There is an uncanny correspondence between the five Pinan forms and Miyamoto Musashi's Book of Five Rings, which is divided into five chapters, each represented by one of the five elements; earth, water, fire, air, and void. Pinan 3 is the "Fire" kata. It burns hot, containing quick, aggressive combinations, then burns out quickly. Pinan 3 makes a fierce fighting form.

In Chinese, the characters for "Pinan" are pronounced "Pingan." It is actually a pretty common word in China. It means "stay safe" or "be protected from danger." When someone goes on a trip, their family might say "Pingan!" Seen in this light, the very name, Pinan, can be seen as a personal message from Master Itosu Anko, "Stay safe," written in Chinese to honor the ancestral roots of Okinawan Karate, wishing you a safe journey in your quest for Karate mastery.



Itosu Anko
1831-1915



Pinan 3

Stance

Natural stance (north)

Attention stance

Natural stance

1. Turn 90° left LBS (west)
2. Move right foot to attention stance
3. Maintain attention stance
4. Turn 180° right, RBS (east)
5. Move left foot to attention stance
6. Maintain attention stance
7. Turn 90° left, LBS (north)
8. Advance RFS
9. Move left foot 180° left, LSS (north)
10. Advance RFS (north)
11. Move left foot, turn 180° left, attention stance (south)
12. Right kicking stance (south)
13. Stamp right foot down into RSS
14. Left kicking stance (south)
15. Stamp left foot down into LSS
16. Right kicking stance (south)
17. Stamp right foot down into RSS
18. Maintain RSS
19. Advance LFS (south)
20. Move right foot to hook stance turn 180° left into RS (north)
21. Slide right into RS (north)

Natural stance (north)

Attention stance

Natural stance

Action

Bow

Left inner middle block

Right inner middle and left lower block

Left inner middle and right lower block

Right inner middle block

Left inner middle and right lower block

Right inner middle and left lower block

Left reinforced middle block

Right vertical reinforced spearhand

Left horizontal backfist strike

Right lunge punch (middle) **KIAI**

Move both hands in circles crossing in front of chest, end with hands on hips

Right crescent kick

Right elbow block, right vertical backfist

Left crescent kick

Left elbow block, left vertical backfist

Right crescent kick

Right elbow block, right vertical backfist

Right knifehand block

Left lunge punch **KIAI**

Left back elbow and right hook punch over shoulder (look south)

Right back elbow and left hook punch over right shoulder (look south)

Bow

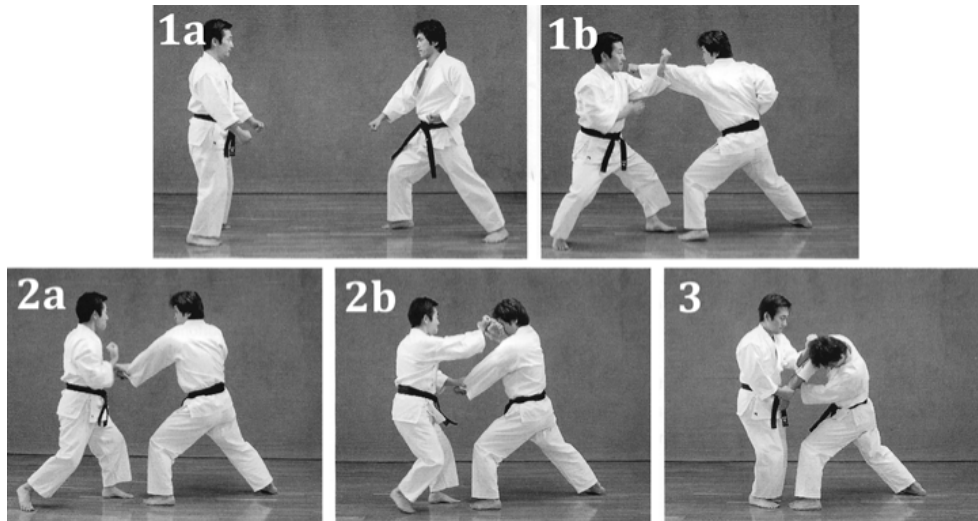
Abbreviations of Stances

RS	Rectangular stance
LBS	Left back stance
RBS	Right back stance
LCS	Left cat stance
RCS	Right cat stance
LDS	Left diagonal stance
RDS	Right diagonal stance
LFS	Left forward stance
RFS	Right forward stance
LSS	Left side stance
RSS	Right side stance

Applications

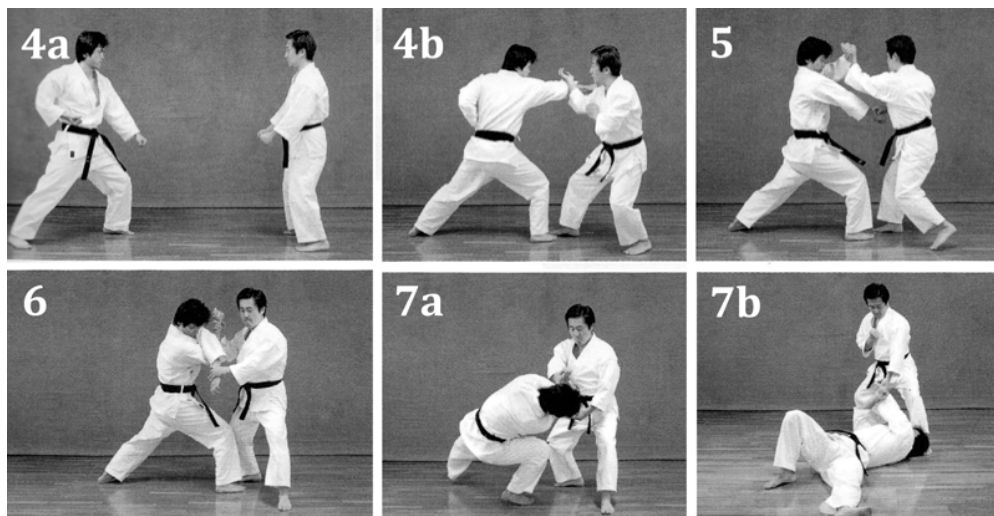
Series 1: Middle Block to the Left (moves 1 to 3)

The opponent attacks with a left punch (1a below). Perform a left inner middle block, double blocking if possible (1b). Grasp the opponent's left wrist with your left hand (2a) and pull it to hikite position as you deliver a right backfist to the opponent's head (2b). Grasp the opponent's right wrist with your right hand, pulling him into a left backfist/uppercut punch (3).



Series 2: Middle Block to the Right (moves 4 to 6)

The opponent attacks with a right punch (4a below). Double block, using your left hand to parry his punch into your right middle block (4b). Grasp his right wrist with your right hand and pull it down as you deliver a left backfist strike (5). Grasp the opponent's left wrist with your left hand and pull it down (6) as you pivot to your left (7a) throwing the opponent to the ground with juji nage, "entangled arms throw" (7b).



Series 3: Spearhand, Spinning Backfist, Punch (moves 8 to 10)

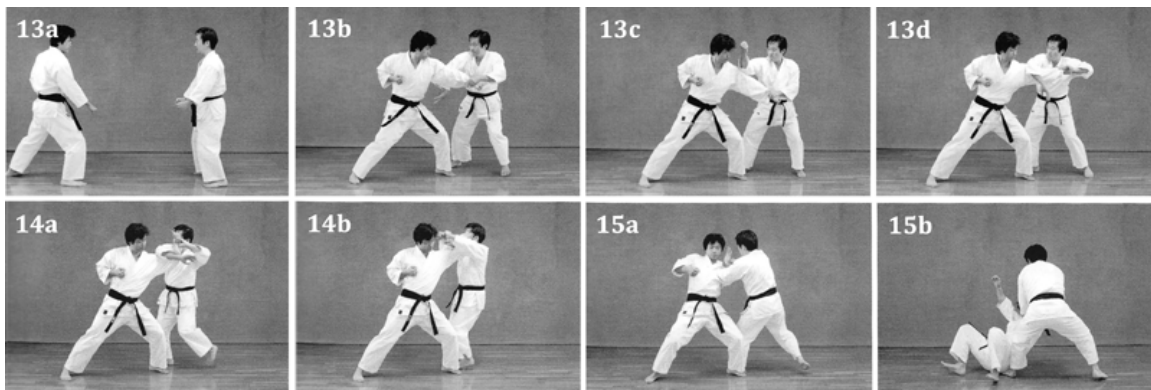
The opponent attacks with a right punch (8a). Parry the punch downward with your left hand and strike over it, delivering a right spearhand strike to the throat (8b). Grasp behind the opponent's neck with your right hand and spin 180-degrees to your left, throwing the opponent to the ground (9). Follow up with a right punch (10).

Series 4: Turn and Crescent Kick (moves 11 to 13)

An attacker grabs you from behind with a bearhug. Step behind the opponent's right leg with your left foot then turn to your left, dumping the opponent over your left leg (11). Continue turning and use the crescent kick motion to chamber for a low side stamping kick to finish the downed opponent (12-13).

Series 5: Elbow Block, Backfist Strike (moves 13 to 16)

The opponent attacks with a right punch (13a below). Use your right elbow to parry the punch into your left hand (13b). Pivot at the elbow and deliver a vertical backfist strike to the opponent's head (14a). As you return your right arm, loop it over the opponent's right arm (14b) as you begin stepping your left foot forward (15a). Step behind the opponent's lead leg (15b) and take the opponent down, tripping him with your left heel using a heel foot sweep or osoto gari (16a and b).

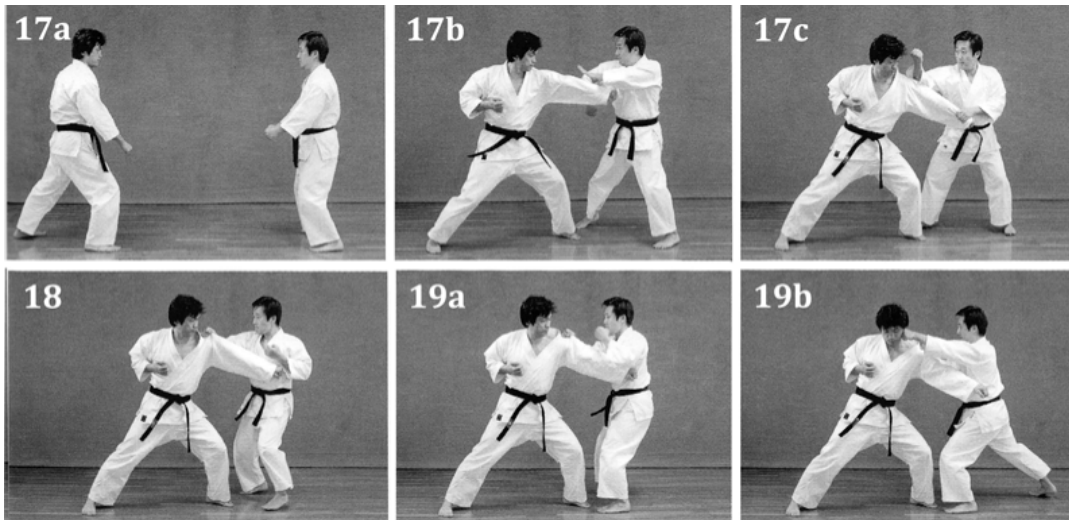


Series 6: Backfist Strike, Crescent Kick, Elbow (moves 15b to 16)

The opponent attacks with a left punch. Use your left backfist to block the punch and grasp the opponent's left wrist (15b). As you pull the opponent's left arm forward, attach the back of his left knee with a right crescent kick (16). Drive the opponent's knee into the ground with a right side stamping kick and finish him with a roundhouse elbow strike to the head (17).

Series 7: Elbow Block, Backfist, Punch (moves 17 to 20)

The opponent attacks with a right punch (17a below). Block it with a right elbow block, parrying the opponent's punch into your left hand (17b). As you pull the opponent's left arm, deliver a right backfist strike to the opponent's head and/or use your right elbow to hyperextend his lead arm (17c). Grasp the opponent with your right hand (18) and pull him into a left switch-step lunge punch (19 a and b). Hook the opponent behind the head with your left hand as you step your right foot into hook stance (20a) and use the spin to throw the opponent to the ground (20).



Series 8: Hook Punch, Elbow Strike (move 21)

An attacker grabs you from behind with a bearhug (20 below). Step behind the opponent's left leg with your right foot (21a) then turn to your right (21b), dumping the opponent over your right leg (21c). Continue turning (21d) and throw the opponent (21e).

