



# Pinan 5

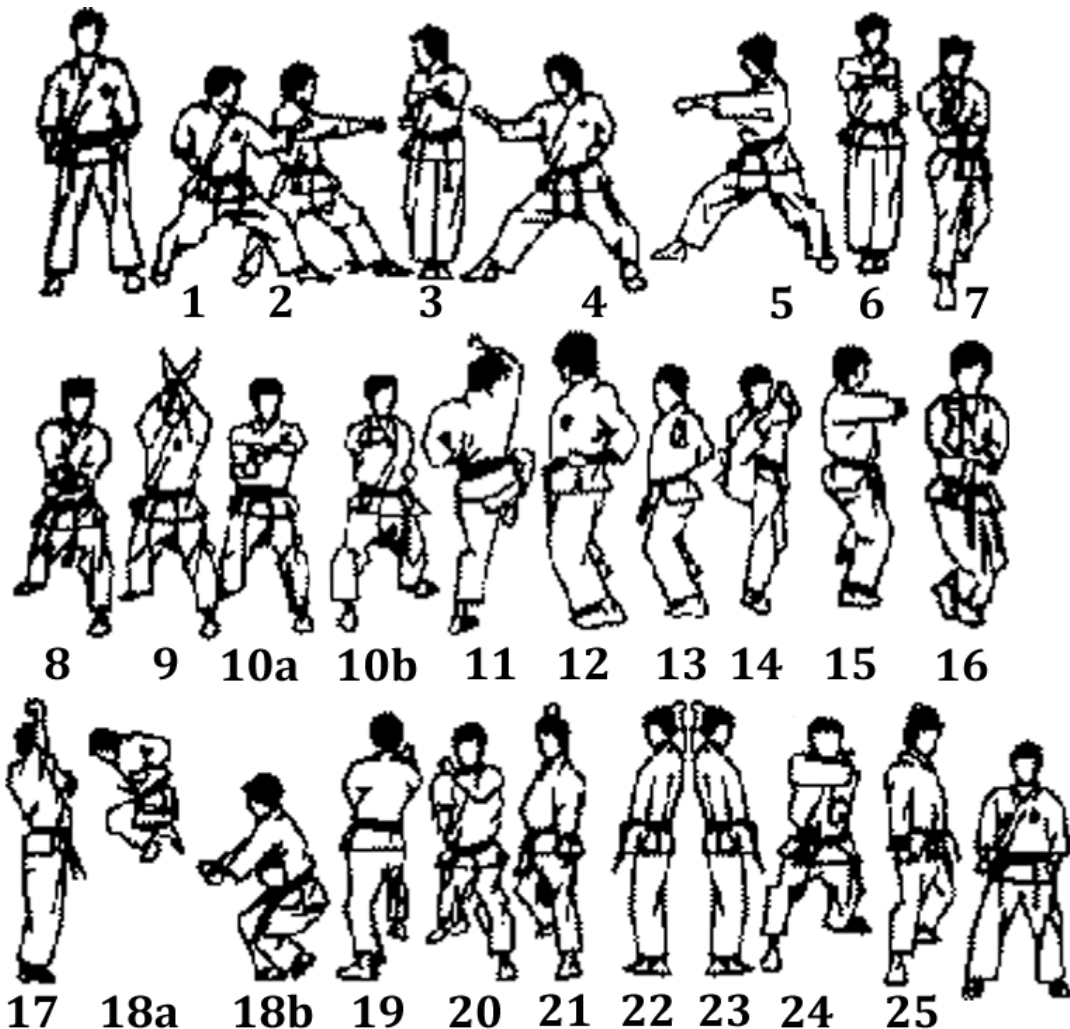
and applications



## Introduction

The final element in Musashi's book is emptiness, or the void. In Pinan five, the void is represented by the jump near the end of the kata, the first time in all of the Pinan forms that you leap into the air, completely leaving the ground. The void should also be seen in the performer's state of mind, exhibited as *mushin*, "no mind", a mind not fixed upon anything and yet open to everything. By this stage in his training the karateka should have disciplined him or herself mentally and acquired a truly *Peaceful Mind*.

## Pinan 5



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### Stance

Natural stance

Attention stance

Natural stance

1. Turn 90° left LBS (west)
2. Shift LFS
3. Turn 90° right, attention stance (north)
4. Turn 90° right, RBS (east)
5. Shift RFS
6. Turn 90° left, attention stance (north)
7. Advance RBS (north)
8. Advance LFS (north)
9. Maintain LFS (north)
10. Advance RFS
11. Turn 180° left, right kicking stance
12. Land RSS (south)
13. Shift 180° left, LSS (north)
14. Advance right kicking stance (north)
15. Land RSS (north)
16. Right X stance (north)
17. Shift 180° left, LBS (south)
18. Turn 90° left, jump, land right X stance
19. Turn 90° right, advance RFS (south)
20. Turn 180° left, LFS (north)
21. Right foot back to LBS
22. Bring left foot to right, turn 90° right, attention stance (face east, look north)
23. Turn 180° left, attention stance
24. Turn 90° right, RFS (north)
25. Left foot back to RBS

Natural stance

Attention stance

Natural stance

### Action

Bow

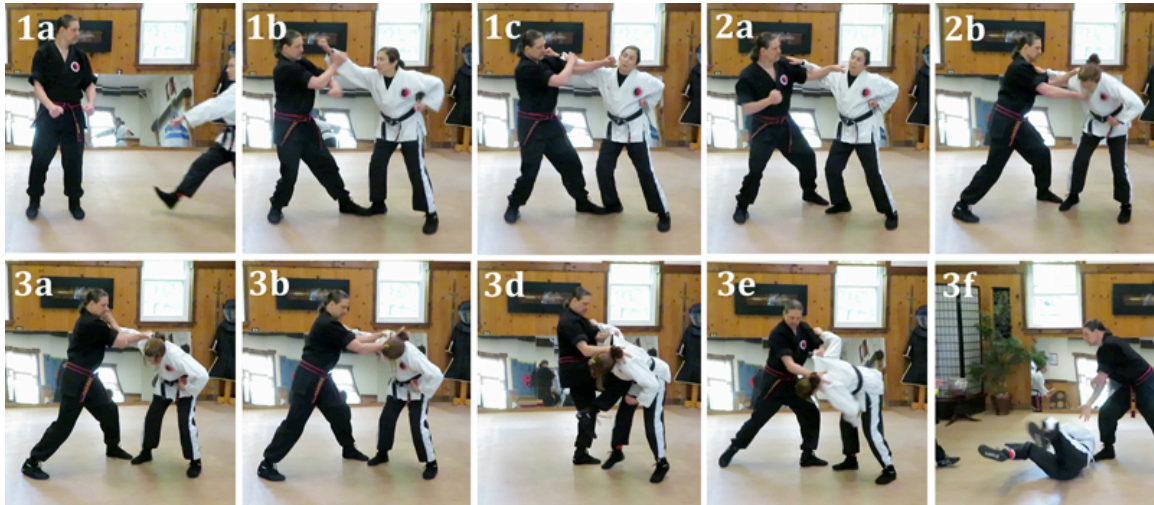
- Left inner middle block  
 Right reverse punch  
 Left hook punch to right, look to the east  
 Right inner middle block  
 Left reverse punch  
 Right hook punch to left, look to the west  
 Right reinforced middle block  
 Lower X block (closed hands),  
 Upper X block (open hands)  
 Right lunge punch KIAI  
 Right crescent kick  
 Right low hammer strike  
 Left horizontal backhand block  
 Right crescent kick to left palm  
 Right roundhouse elbow strike to left palm  
 Right reinforced middle block (north)  
 Right uppercut punch behind to the north  
 Tuck arms next to ribs as you jump south facing east) land lower X block  
 Right reinforced middle block **KIAI**  
 Simultaneous left high sweeping block and right palm heel strike to groin  
 Simultaneous left lower block and right upper inside forearm block behind  
 Hold previous arm position  
 Cross arms while rotating body, then simultaneous right lower block and right upper inside forearm block behind  
 Simultaneous right sweeping block and left palm heel strike to groin  
 Simultaneous right lower block and left upper inside forearm block behind

Bow

## Applications

### Series 1: Block, Punch, Hook Punch to the Left (moves 1 to 3)

The opponent attacks with a right punch (1a below). Parry the attack with your right hand (1b) then deliver a left backfist strike to the head (1c). Grab the opponent with your left hand (2a) and pull her into a right reverse punch (2b). Chamber for an inner chop (3a) and chop the neck (3b) before pulling the opponent into a knee strike (3d). Continue pulling down and forward (3e) to take the opponent to the ground (3f).



### Series 2: Block, Punch, Hook Punch to the Right (moves 4 to 6)

The opponent attacks with a right punch (4a below). Parry and catch the punch with your left hand, attacking the elbow with your right (4b). Grasp the opponent (5a) and pull her into a left reverse punch (5b). Grasp the opponent with your left hand (6a) and pull her backwards (6b) as you deliver a right hook punch to the head (6c) to finish the takedown (6d).





### Series 3: Middle Block, Low-High X Blocks, Punch (moves 7 to 12)

The opponent attacks with a right punch (7a below). Block with a right reinforced middle block (7b). As the opponent counters with a left to your head (8a), parry the punch downwards with your right hand (8b). Chop upwards under the chin with your left hand (9), then hook behind the head with your right hand (10a) and deliver a right close punch to the throat (10b). Grab the opponent by the shoulders as you hop into kicking stance, kicking to the inside of the opponent's right leg (11). Follow this with a low stamping kick to his left knee (12a). Land in side stance with a right roundhouse elbow strike to the face (12b).



### Series 4: Backhand Block, Crescent Kick, Roundhouse Elbow, Vertical Backfist, Uppercut Punch (moves 13 to 17)

The opponent grabs your left shoulder with her right hand (13a below). As the opponent attempts to punch you in the face with her left hand, block the attack with a backhand block (13b) finishing with your left hand behind the opponent's head (13c). Attack the opponent's lead leg with a right crescent kick (14) as you pull the opponent into a right roundhouse elbow strike (15). Step in with a vertical backfist strike to the face (16), which drives her head back, setting her up for a right uppercut punch under the chin (17).



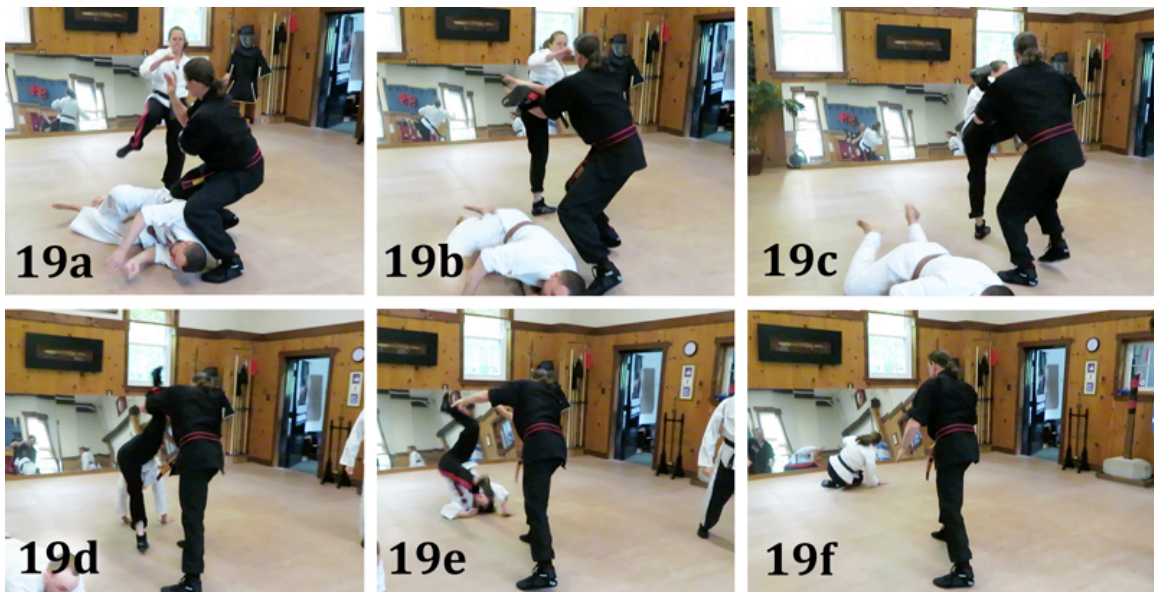
### Series 5: Jump to Lower X Block (move 18)

The opponent grabs you and attempts to sweep your feet (18a below). Avoid the sweep with a jump switch-step (18b), landing with your right foot behind the opponent's lead foot (18c). Use the momentum from the jump to break the opponent's balance (18d) and take him down to the ground (18e). To choke him, apply downward pressure against his head with your left knee as you pull upwards on his lapel with your right hand (18f).



### Series 6: Reinforced Inner Middle Block (move 19)

The opponent attacks with a right roundhouse kick (19a below). Your right hand stops the kick with an outer block as your left hand scoops from underneath (19b). Turn the opponent away from you (19c). SAFETY REMINDER! Lift your partner's leg until their hands touch the ground (19d) before you push their hips over their head (19e), helping them into a smooth forward roll (19f).





### Series 7: Parry and Palm Heel (move 20 to 23)

The opponent attacks with a right punch (20a below). Parry the punch over your right shoulder with your left hand (20b). Strike the opponent with a low, inverted palm heel strike as you pivot into a forward stance (20c). Slide your hands up the opponent's arm to the wrist (21). As you withdraw your left foot, begin applying kote gaeshi (22). Control the opponent by taking them to the ground (23).



### Series 8: Parry and Palm Heel (move 20 to 23)

The opponent attacks with a staff thrust (24a below). Parry the staff to your left with your right arm (24b). Grasp the staff from on top with your right hand, and underneath with your left (24c). Pull with your left hand as you push forward with your right (25a), breaking the opponent's balance (25b). Control the downed opponent (25c).

