

Pinan sono Ichi - 平安初段

7^e Kyu

The **Pinan Kata** were originated in Okinawa by Anko Itosu *sensei* from older *Kata* such as *Kusanku* and *Channan* into forms suitable for teaching karate to young students. When Gichin Funakoshi brought *Karate* to Japan, he renamed the *kata* to **Heian**, which is translated as 'peaceful and safe'. **Pinan** - 平安 is the Okinawan pronunciation of the characters **Hei** - 平, meaning *Peace*, and **An** - 安, meaning *Relax*. Though the physical moves of *Kata* involve techniques used for fighting, the purpose of *Kata* is to develop a calm, peaceful mind and harmony between the mind and body.

The **Pinan Kata** were made in the form as we now know it by Anko Itosu *sensei* in 1905. Anko Itosu, a teacher on Okinawa, was born in the village of Yamagawa in the Shuri region. One of the stories surrounding the creation of this *Kata* claims that Anko Itosu learned the *Kata* from a Chinese man who lived in Okinawa and called it 'Channan'. This original form of the Channan *Kata* has been lost. But, it's more likely that Anko Itosu created a *Pinan Dai* from the older *Kata*: *Kusanku Dai*, *Gojushiho* and maybe *Bassai Dai*. This *Kata* had to act as a beginner *Kata* for school lessons and be easier to learn than the more complex and advanced *Kata* that are usually taught later. After completing his new *Kata*, *Pinan Dai* (the great *Pinan*), he changed his mind about learning such a long *Kata* for beginners and cut it into five parts and then renamed it by analogy of **Godai** - 五大, the Japanese Five Elements Philosophy: Earth, Water, Fire, Wind and Emptiness.

Masutatsu Oyama implemented the five **Pinan Kata** in *Kyokushin Karate* with a few modifications, to adapt the *Kata* to the *Kyokushin* system, with its own modes and techniques, where more emphasis is placed on strength. In the 1980s, Masutatsu Oyama developed the **Pinan Kata – URA**. De *Ura* or 'reverse' *Kata*, were a form to develop balance and skill in circular movements (turning) against multiple opponents.

Once these five *Pinan Katas* and their applications have been mastered, the *Karateka* can be confident in his/her ability to defend themselves in most situations, keeping him/her safe from being harmed. The *Pinans* are taught to various beginner ranks according to their difficulty.

This is the first *Kata* of the *Pinan* group, **Pinan Shodan** - 平安初段 is loosely based on an I-shaped **Embusen**. It develops body positioning and a number of defensive techniques and a number of attacking techniques in **Oi-Tsuki**. In *Pinan Sono Ichi*, above all the leg movements and changes of direction, the posture of the upper body and the tension control are focused upon. This *Kata* is considered the 'Earth' *Kata*.

Known as the *Northern Kata* within *Kyokushin Karate*, **Pinan sono Ichi** was adapted by Sosai Masutatsu Oyama from his background in the **Shuri-Te** tradition, as 4th *than* in *Shotokan Karate*, which he learned from *sensei* Gichin Funakoshi.

Dachi Waza

Fudo Dachi

Joi Dachi

Heiko Dachi

Zenkutsu Dachi

Neko Ashi Dachi

Kokutsu Dachi

Te Waza

Chudan Oi Tsuki

Tettsui Kome Kame Uchi

Kazu

Yon-jū go Do (45°), Kyū-jū Do (90°), Byaku san-jū go Do (135°),
Hyaku hachi-jū Do (180°), Ni-bayku nana-jū Do (270°)

Uke Waza

Gedan Barai

Jodan Uke

Shuto Mawashi Uke

Kihon Jutsugo

Kamae, Hajime, Migi Mae Naname, Hidari Mae Naname, Naore, Yasume

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Begin the **KATA** from the base **KAMAE** position in **FUDO DACHI**. On the command **PINAN SONO ICHI** followed by the command **YOI** start perform a slow **YOI DACHI** that ends in **HEIKO DACHI**.



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- 1 On the command **HAJIME/ICHI** turn left 90° counterclockwise (**KYŪ-JŪ DO**) into left **ZENKUTSU DACHI** blocking left **GEDAN BARAI** (pull the right hand back in **HIKITE** position).



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- 2 Step forward into right **ZENKUTSU DACHI** punching right **CHUDAN OI TSUKI**.



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- 3 Move the back foot across and turn 180° clockwise (**BYAKU SAN-JŪ GO DO**) to the right into right **ZENKUTSU DACHI** blocking right **GEDAN BARAI**. Slide the right foot back into **NEKO ASHI DACHI**, strike right **TETSUI KOME KAME UCHI**.



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- 4 Move forward into left **ZENKUTSU DACHI** and punch left **CHUDAN OI TSUKI**.



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- 5 Bring the left foot across 90° counterclockwise to the left into left **ZENKUTSU DACHI** and block left **GEDAN BARAI**.



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- 6 Step forward into right **ZENKUTSU DACHI** and block right **JODAN UKE** (1).

NB. when stepping forward, don't turn your front foot first into 45°, this will happen when you punch and twist your hips an whole body.



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- 7 Step forward into left **ZENKUTSU DACHI** and block left **JODAN UKE** (2).



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- 8 Step forward into right **ZENKUTSU DACHI** and block right **JODAN UKE** (3) with **KIAI**.



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- 9 Slide the left foot across and turn through 270° counterclockwise (**NI-BAYKU NANA-JŪ DO**) into left **ZENKUTSU DACHI** blocking left **GEDAN BARAI**.



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- 10 Step forward into right **ZENKUTSU DACHI** punching right **CHUDAN OI TSUKI**.



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- 11 Slide the right foot across and turn 180° clockwise to the right into **ZENKUTSU DACHI** blocking right **GEDAN BARAI**.



- 12 Step forward into left **ZENKUTSU DACHI** punching left **CHUDAN OI TSUKI**.



- 13 Bring the left foot across 90° counterclockwise to the left into left **ZENKUTSU DACHI** and block left **GEDAN BARAI**.



- 14 Step forward into right **ZENKUTSU DACHI** punching right **CHUDAN OI TSUKI** (1).



- 15 Step forward into left **ZENKUTSU DACHI** punching left **CHUDAN OI TSUKI** (2).



- 16 Step forward into right **ZENKUTSU DACHI** punching right **CHUDAN OI TSUKI** with **KIAI** (3).



- 17 Slide the left foot across and turn through 270° counterclockwise into left **KOKUTSU DACHI** blocking left **SHUTO MAWASHI UKE**.



- 18 Step forward **MIGI MAE NANAME** at 45° clockwise into right **KOKUTSU DACHI** blocking right **SHUTO MAWASHI UKE**.



- 19 Slide the right foot across and turn 135° clockwise (**BYAKU SAN-JŪ GO DO**) to the right into right **KOKUTSU DACHI** blocking right **SHUTO MAWASHI UKE**.



- 20 Step forward **HIDARI MAE NANAME** at 45° counterclockwise to the left into left **KOKUTSU DACHI** blocking left **SHUTO MAWASHI UKE**.



On the **NAORE** command return 45° counterclockwise to the left into **FUDO DACHI**. (pull left foot back to the base position, still looking right until the turn is completed). At the command **YASUME** relax and at ease.



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0.



1.



2.



3a.



3b.



4.



5.



6.



7.



8. **KIAI**



9.



10.



11.



12.



13.



14.



15.



16. **KIAI**



17.



18.



19.



20.



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Adapted to the new KWF Kata-syllabus (Shihan Antonio Pinero - May 2019) with feedback of Shihan Paul Lorst.