

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 **Embuse**. 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 dan in *Shotokan Karate*, which he learned from *Gichin Funakoshi sensei*.

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

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**.



- 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).



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



- 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**.



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



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



- 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.



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



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



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



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



- 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.





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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The images came from the Internet and classes from Shihan Loek Hollander, Shihan Henny Ruberg and Shihan Jan Vleesenbeek.

The Kata is learned from Shihan Henny Ruberg and Shihan Peter Voogt (Shihan Loek Hollander - IKO) and has some influences from Shihan Hatsuo Royama (KIKO).