

Written Test

Chart out a Pinan Kata. Place a stance in each block. Each square is one move.

In the example below, Pinan Nidan has the first four moves done for you. HIGH stances are listed in the top row, MID stances are listed in the middle row, while LOW stances are listed in the third row, each in proper order. The kata starts in masubi dachi, so "2H" is listed in column #1. Since masubi dachi is a HIGH stance, it is listed in the top row.

Example

Name of kata	1	2	3	4
Pinan Nidan				
HIGH	2H	4H		
MID				8M
LOW			17L	

etc...

Name of Kata:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
HIGH																									
MID																									
LOW																									

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STANCES TO CHOOSE FROM

High Stances		Mid Stances		Low Stances	
1H	heisoku dachi	8M	heiko dachi	15L	zenkutsu dachi
2H	musubi dachi	9M	uchihajichi dachi	16L	kokutsu dachi
3H	nami heiko dachi			17L	nekoashi dachi
4H	soto hachi dachi			18L	kosa dachi
5H	renoji dachi			19L	shiko dachi
6H	uchihachi dachi				