

Heian Godan



Preparation. The *kata* proper starts in *yoi* ('ready' or 'attention') stance.



Step out into back stance with your left leg towards the left and simultaneously perform a middle level inside block.



Perform a middle level reverse punch with the right hand.



Bring the left leg to the right and slowly perform a middle level hook punch with the left hand. Assume an attention stance position facing the front.



Step out into back stance with your right leg towards the left and simultaneously perform a middle level inside block.



Perform a middle level reverse punch with the left hand.



Bring the right leg to the left and slowly perform a middle level hook punch with the right hand. Assume an attention stance position facing the front.



Step in the direction you are looking into back stance with your right leg. As you are stepping, execute a middle level augmented block with the right hand.



Continuing to look straight ahead, step forward with the left leg and perform a lower level X-block. Driving your hips upward, perform an openhanded X-block to the upper level. The hips should finish the high X-block in the full front facing position. Rotate your hands clockwise so that the right hand forms a fist under the left fist. Pull both fists to your right hip.



Quickly execute a middle level vertical sweeping block with the left hand as you step forward with the right leg into front stance and execute a middle level lunge punch with the right hand. *Kiai* on the lunge punch.



Look over your left shoulder. Backhand block by bringing your left hand under your right armpit and pointing your right hand in the direction you are looking. Perform a middle level backhand block with the left hand (slowly with decelerating tension).



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Middle level crescent kick with the right leg (making contact with the extended left hand). On the recovery portion of the kick, step down with the right leg into horse stance and execute a middle level elbow strike with the right elbow (pulling the left hand to the right elbow).



Look over your right shoulder. Step up with the left leg into crossed leg stance and execute a middle level augmented block with the right hand. Upper level vertical uppercut punch with the right hand, simultaneously looking over your left shoulder to the and stepping out with your left leg.



Continuing to look straight ahead jump straight up into the air (bringing both knees to your chest). Land in a low crossed leg stance with the left leg behind the right and perform a lower level X-block in front of the body (left hand on the inside).



Step out with the right leg into front stance and execute a middle level augmented block .



Step round spear hand strike (palm facing up) with the right hand, bringing the left to the side of the head.



Next, step across with the left leg and assume the back stance position (right leg serving as the back leg). As you step, simultaneously perform an upper level inside block with the right hand (to the rear) and a lower level downward block with the left hand (to the front). The hips should finish the simultaneous action in the half front facing position.



Pivot 180° to the left and simultaneously execute an upper level inside block with the left hand and a lower level downward block with the right hand.



Step forward spear hand strike (palm facing up) with the right hand, bringing the right to the side of the head.



Next, step across with the right leg and assume the back stance position. As you step, simultaneously perform an upper level inside block with the right hand and a lower level downward block with the left hand (to the front). Bring the right leg back to the left and assume natural stance to finish.