

# Heian Nidan



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



Step out into back stance and perform a double upper level block (the elbow is even with the shoulder, bent 90°).



Remaining in back stance. Execute scissor block. Hammer fist strike. Back stance. Pulling the right hand back to the hip while performing the bottom fist strike.



As you are switching direction step out into back stance and perform a double upper level block.



Remaining in back stance. Execute scissor block. Hammer fist strike. Back stance. Pulling the right hand back to the hip while performing the bottom fist strike.



Step up bringing the hands and feet together looking right. Attention stance.



Simultaneously upper level side snap kick with the right leg and an upper level back fist strike with the right hand.



Step forward with the right leg into back stance and perform a middle level knife hand block with the left hand.



Step forward with the right leg into back stance and perform a middle level knife hand block with the right hand.



Step forward with the right leg into back stance and perform a middle level knife hand block with the left hand.



Middle level pressing block with the left hand. Step forward a spear hand strike to the middle level. **Kiai** on the spear hand strike.



Bring your left foot to your right foot and pivot 270°. Step into back stance and perform a middle level knife hand block with your left hand.



Step (i.e. at a 45° to the front), with your right leg into back stance and execute a middle level knife hand block with your right hand.



Pivot 135°, and step out with your right leg. As you are stepping into the back stance, execute a middle level knife hand block with your right hand.

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Step (i.e. at a 45° to the front), with your left leg into back stance and execute a middle level knife hand block with your left hand.



Look over your left shoulder. Step with your left leg into a front stance . As you are stepping execute a middle level reverse inside block. Perform a middle level front snap kick with the right leg stepping forward. Arms do not move during the kick.



While stepping into the front stance execute a middle level reverse punch with the left hand.



Slide the front foot back a distance equal to half the length of the front stance and perform a middle level reverse inside block with the left hand.



Step forward into front stance with the left leg and execute a middle level front snap kick with the left leg. Keep the arms stationary during the kick.



While stepping into the front stance, execute a middle level reverse punch with the right hand.



Step forward with the left leg into front stance and perform a middle level augmented block with the left hand supporting the right.



Bring your left foot to your right foot and pivot 270°. Step out with your left foot into front stance and perform a lower level downward block with your left hand.



Step (i.e. at a 45°) with your right leg into front stance and execute an upper level rising block with your right hand.



Bring your right foot to your left foot and pivot 270°. Step out with your right foot into front stance and perform a lower level downward block with your right hand.



Step (i.e. at a 45°) with your left leg into front stance and execute an upper level rising block with your left hand. **Kiai** on the last rising block.



Traditionally the *kata* finishes by pulling up your left leg to your right leg, while pivoting slightly on your right heel, so that you end up facing front in the attention position.