

# Heian Sandan

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



Inside block to the left in back stance.



Stand up. Double block.



Inside block to the right in back stance.



Stand up. Double block.



Reinforced inside block in left back stance.



Spear-hand strike stepping forward front stance.



Turn 270° and hammer-fist strike.



Stepping punch in right front stance.



Turn 180° to the right while standing up.



Crescent kick, stamp down into horse stance.



Right back-fist strike.

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Crescent kick, stamp down into horse stance.



Left back-fist strike.



Crescent kick, stamp down into horse stance.



Left back-fist strike.



Push the right arm out, at the same time pull the left elbow back.



Left stepping punch in front stance.



Step up into horse stance.



Turn 180° into horse stance, punching over your left shoulder.



Slide to the right in horse stance, punching over your right shoulder.



The *kata* finishes by pulling back your left leg, so that you end up facing front in the attention position.

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