

# Heian Shodan



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



Step to your left with your left leg into front stance and perform a lower level downward block with your left hand.



Step straight ahead with your right leg into front stance and execute a middle level lunge punch with your right hand.



Pivot 180°. As you are stepping into the front stance execute a lower level downward block with your right hand.



Execute an upper level hammer fist strike with your right hand. This should be executed using a large, circular motion in which the hammer fist is brought up over your head before striking the target. As the strike is performed, slide the front foot back so that the length of the front stance is cut in half.



Step straight ahead with your left leg into front stance and execute a middle level lunge punch with your left hand.

Pivot 90° As you are stepping into front stance perform a lower level downward block with your left hand.



Step forward with the right leg into front stance and execute an upper level rising block with the right hand.



Step forward with the left leg into front stance and execute an upper level rising block with the left hand.



Step forward with the right leg into front stance and execute an upper level rising block with the right hand. **Kiai** on the second rising block.



Pivot 270°. Step out with your left foot into front stance and perform a downward block with your left hand.



Step straight ahead with your right leg into front stance and execute a middle level lunge punch with your right hand. Pivot 180° in the direction that you are looking and step out with your right leg. As you are stepping into the front stance, execute a lower level downward block with your right hand.



Step straight ahead with your left leg into front stance and execute a middle level lunge punch with your left hand. Pivot 90° in the direction that you are looking and then step out. As you are stepping into front stance perform a lower level downward block with your left hand.



# Heian Shodan

---



Step straight ahead with your right leg into front stance and execute a middle level lunge punch with your right hand.



Step straight ahead with your right leg into front stance and execute a middle level lunge punch with your left hand.



Step straight ahead with your right leg into front stance and execute a middle level lunge punch with your right hand. **Kiai** on the third lunge punch.



Pivot 270°. Step out with your left foot into back stance and perform a middle level knife hand block with your left hand.



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



Step bringing your right leg to your left, 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.



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



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.

---