

Heian Yondan



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



Back stance simultaneously bringing your arms up to perform an upper level open hand back arm block.



Drop your hands directly in front of your body and slowly and smoothly perform an upper level open hand back arm block.



Continue as you step forward and execute a lower level X-block with the left hand on the bottom.



Step forward with your right leg into back stance and execute a middle level augmented block.



Bring your left leg up to your right. Your right fist should be on your right hip and the left fist on top.



Middle level side snap kick with the left leg. Simultaneously, strike an upper level back fist strike the left hand.



Step with the left leg into a front stance and execute a middle level elbow strike with the right elbow.



Bring your right leg up to your left. Your left fist should be on your right hip and the right fist on top.



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



Step with the right leg into a front stance and execute a middle level elbow strike with the right elbow.



Bring your right hand up to the upper level in an open hand rising block position and the left hand down in a lower level knife hand block position.



Shift into front stance and execute an upper level outside-in knife hand strike to the north with the right hand while bringing the left hand up in a position similar to an open handed rising block position. Perform a middle level front snap kick with the right leg.



Stepping forward in a crossed leg stance (left leg moving up behind the right) execute a middle level vertical back fist strike with the right hand. **Kiai** on the back fist strike.



Heian Yondan



Pivot to your left 270° with the left leg forward. Moving the leg and arms in unison, execute a middle level wedge block, stepping forward with the left leg into back stance.



Middle level front snap kick with the right leg.



On the recovery portion of the kick, step down with the right leg into front stance and execute a middle level straight punch with the right hand.



Immediately follow the straight punch with a middle level reverse punch with the left hand.



Pivot to your right and with the right leg forward.



Moving the leg and arms in unison, execute a middle level wedge block.



Middle level front snap kick with the left leg.



On the recovery portion of the kick, step down with the left leg into front stance and execute a middle level straight punch with the left hand.



Immediately follow the straight punch with a middle level reverse punch with the right hand.



Step forward with your left leg into back stance and execute a middle level augmented block.



Step forward with your right leg into back stance and execute a middle level augmented block.



Step forward with your left leg into back stance and execute a middle level augmented block.



Shift into front stance with the left leg forward bringing both hands to the upper level, fingers pointing straight ahead with the palms down at a 45-degree angle.



Knee strike with the right knee, simultaneously pulling both hands on either side of the knee. **Kiai** on the knee strike.



Look over your left shoulder. Step back with the right leg into back stance and execute a middle level knife hand block with the left hand. Continue looking straight ahead. Step forward with the right leg into back stance and execute a middle level knife hand block with the right hand. Bring the right leg back to the left and assume natural stance to finish.

