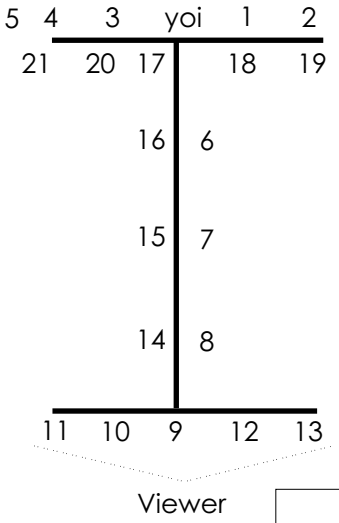
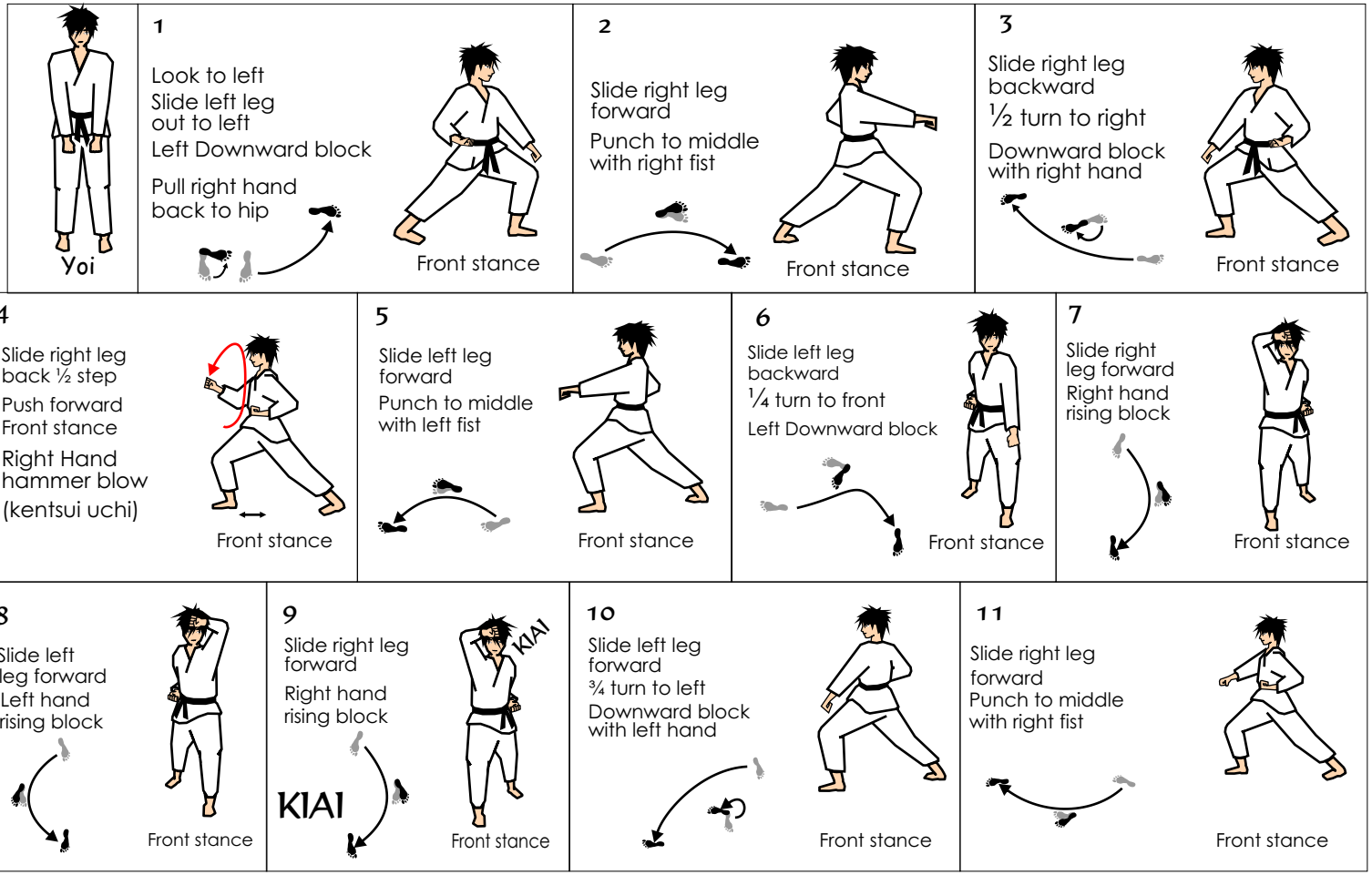
Heian Shodan 1 / 2 (approx. 40 seconds)



Heian Shodan is the first of the Heian Katas.

It consists of 21 moves and follows the same 'Embusen' as Kihon. It introduces 2 new blocks, rising block (Age Uke) and knife hand block (Shuto Uke). It also introduces the hammer strike (Kentsui Uchi) and back stance (Kokutso dachi). The embusen follows the shape of I.



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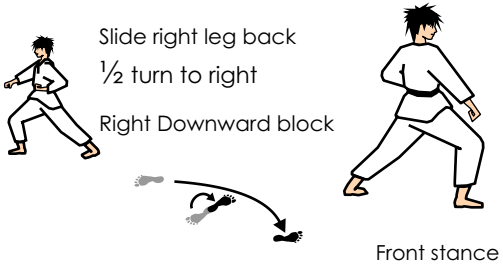
Heian Shodan 2/2

12

Slide right leg back

½ turn to right

Right Downward block

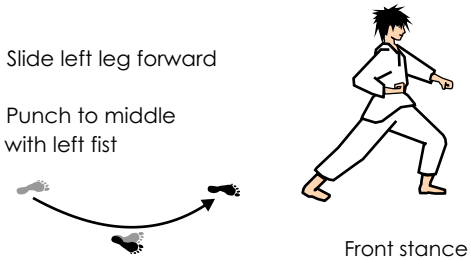


Front stance

13

Slide left leg forward

Punch to middle with left fist



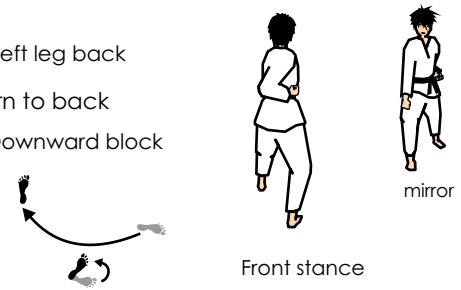
Front stance

14

Slide left leg back

¼ turn to back

Left Downward block

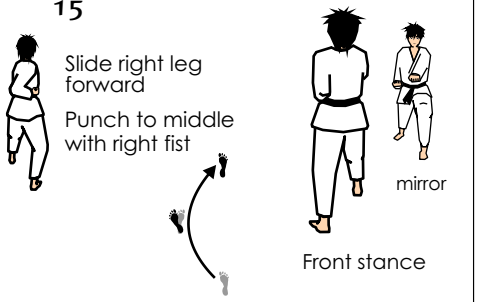


Front stance

15

Slide right leg forward

Punch to middle with right fist

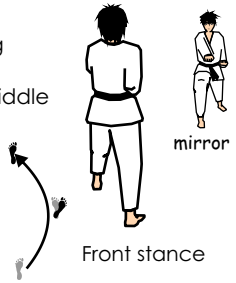


Front stance

16

Slide left leg forward

Punch to middle with left fist



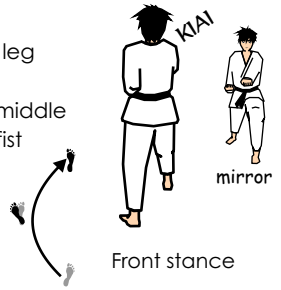
Front stance

17

Slide right leg forward

Punch to middle with right fist

KIAI



Front stance

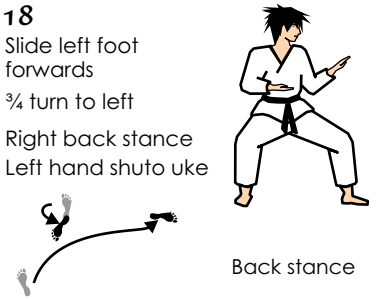
18

Slide left foot forwards

¾ turn to left

Right back stance

Left hand shuto uke



Back stance

19

Slide right leg forward and out 45° to right

Left back stance

Right hand shuto uke



Back stance

20

Slide right leg back turn to right

Left back stance

Right hand shuto uke



Back stance

21

Slide left leg in and out 45° to left

Right back stance

Left hand shuto uke

Hold position

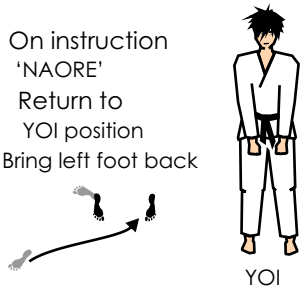


Back stance

On instruction 'NAORE'

Return to YOI position

Bring left foot back



YOI

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