embusen

Heian Sandan (approx. 40 seconds)

Heian Sandan is the third of the Heian Series. It focuses on side stance and forearm block. There are 20 movements to perform.



YOI

1

Slide left foot out to left

Left inside block

Chudan uchi uke



Back stance kokutsu dachi

2

Step up with right foot toes touching

left downward block gedan barai

right inside block chudan uchi uke



Feet together stance Heisoku dachi

3

left inside block Chudan uchi uke

right downward block gedan barai



Feet together stance Heisoku dachi

4

Slide right foot back

turn head to right

right inside block Chudan uchi uke



Back stance kokutsu dachi

5

Step up with left foot toes touching

right downward block gedan barai

left inside block Chudan uchi uke



Feet together stance Heisoku dachi



6

left downward block gedan barai

right inside block Chudan uchi uke



Feet together stance Heisoku dachi

7

Slide left foot to front

bring both fists to right hip

then right reinforced block morote uke



Back stance kokutsu dachi

8

Slide right foot forward

left pressing down block (osae uke)

continue into front stance

strike right spear hand chudan nukite



Front stance zenkutsu dachi

9

Slide left foot forward

pivot on right foot ¾ turn to left into kiba dachi

left round hammer strike chudan mawashi kentsui



straddle stance kiba dachi

10

Slide right foot forward

Right middle level stepping punch

Chudan Oi zuki

KIAI



Front stance zenkutsu dachi

11

Slide left foot up to meet the right

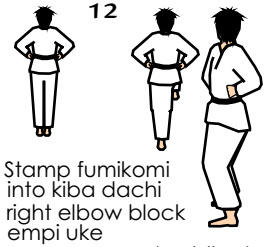
½turn to left facing back

fists on hips elbows pointing out



Feet together stance Heisoku dachi

12



Stamp fumikomi into kiba dachi

right elbow block empi uke

straddle stance kiba dachi

13

Right back fist strike Jodan uraken uchi

bring fist back to hip

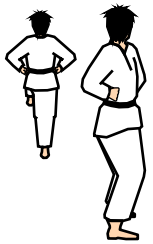


straddle stance kiba dachi

14

Stamp fumikomi left foot into kiba dachi

left elbow block empi uke

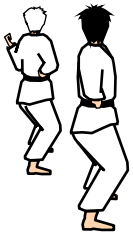


straddle stance kiba dachi

15

Left back fist strike Jodan uraken uchi

bring fist back to hip



straddle stance kiba dachi

16

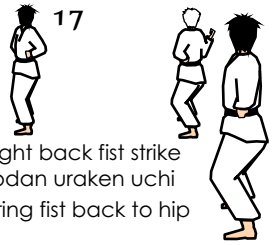
Stamp fumikomi right foot into kiba dachi

right elbow block empi uke



straddle stance kiba dachi

17



Right back fist strike Jodan uraken uchi

bring fist back to hip

straddle stance kiba dachi

18



Side view

Push right hand out tate shuto uke

Slide forward left leg,

Left stepping punch

Chudan Oi Zuki



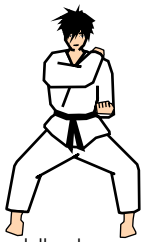
Front stance zenkutsu dachi

19

½ Step up with right foot stretch across left leg into kiba dachi

attack behind with left reverse elbow strike ushiro empi uchi

right upper level punch jodan zuki



straddle stance kiba dachi

20

Thrust right into kiba dachi (right leg 1st)

attack behind with right reverse elbow strike ushiro empi uchi

left upper level punch jodan zuki

KIAI



straddle stance kiba dachi

On instruction 'naore'

Move right leg in to return to Yoi position

Facing front



Yoi

Shizentai

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