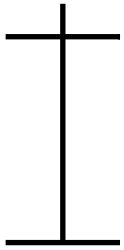
# HEIAN YONDAN 1/ 2 (approx. 50 seconds)

Heian Yondan is the 4th of the Heian series of Katas.

There are 27 moves to perform. Moves 1 and 2 should be done slowly and the difficult crossed feet stance should be mastered.

EMBUSEN



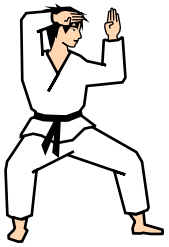
**1**



YOI

STEP TO LEFT INTO BACK STANCE
SLOW UPPER LEVEL BLOCK TO LEFT
RIGHT FOREARM TO SIDE OF FOREHEAD

HIDARI HAIWAN JODAN YOKO UKE
MIGI ZENWAN HITAE MAE YOKO KAMAE

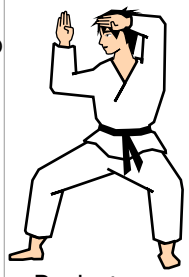


Back stance
KOKUTSU DACHI

**2**

STEP TO RIGHT INTO BACK STANCE
SLOW UPPER LEVEL BLOCK TO RIGHT
LEFT FOREARM TO SIDE OF FOREHEAD

MIGI HAIWAN JODAN YOKO UKE
HIDARI ZENWAN HITAE MAE YOKO KAMAE



Back stance
KOKUTSU DACHI

**3**

STEP FORWARD

LOW LEVEL X BLOCK

RYO KEN KOSA UKE



Front stance
ZENKUTSU DACHI

**4**

STEP FORWARD RIGHT REINFORCED BLOCK

MIGI MOROTE UKE



Back stance
KOKUTSU DACHI

**5**



LOOK TO LEFT
LIFT LEFT LEG RIGHT SIDE CUP AND SAUCER

MIGI KOSHI KAMAE

MIGI ASHI DACHI



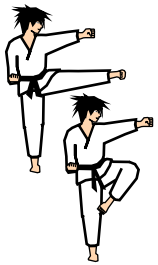
**6**

UPPER LEVEL STRIKE WITH LEFT BACK FIST

LEFT SIDE SNAP KICK

HIDARI URAKEN JODAN MAWASHI UCHI

HIDARI CHUDAN YOKO KEAGE



**7**

RIGHT ELBOW STRIKE INTO FRONT STANCE

MIGI EMPI UCHI



Front stance
ZENKUTSU DACHI

**8**

½ STEP BACK WITH LEFT FOOT
LOOK TO RIGHT
LIFT RIGHT LEG LEFT SIDE CUP AND SAUCER

HIDARI KOSHI KAMAE

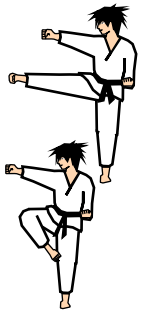


Left foot stance
HIDARI ASHI DACHI

**9**

UPPER LEVEL STRIKE WITH RIGHT BACK FIST
RIGHT SIDE SNAP KICK

MIGI URAKEN JODAN MAWASHI UCHI
MIGI CHUDAN YOKO KEAGE



**10**



LEFT ELBOW STRIKE INTO FRONT STANCE

HIDARI EMPI UCHI



Front stance
ZENKUTSU DACHI

**11**

A. DOWNWARD BLOCK WITH LEFT HAND
UPPER BLOCK WITH RIGHT HAND

MIGI SHUTO MAWASHI UCHI



B. BRING RIGHT HAND ROUND TO HORIZONTAL STRIKE SWORD HAND
UPPER LEFT PALM BLOCK
TURN TO LEFT INTO FRONT STANCE

HIDARI SHO JODAN UKE
HIZA KUTSU



**12**

RIGHT UPPER FRONT SNAP KICK

MIGI JODAN MAE KEAGE



**13**

RIGHT FIST VERTICAL STRIKE
LEFT FIST TO HIP
LAND CROSS LEG STANCE

KIAI

MIGI TATE MAWASHI UCHI




CROSS LEG STANCE
KOSA DACHI

**14**

SLOW WEDGE BLOCK WITH BOTH FISTS
PIVOT ON RIGHT FOOT INTO BACK STANCE

RYO KEN KAKIWAKE UKE

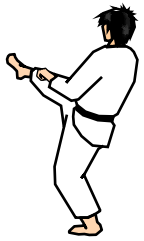


Back stance
KOKUTSU DACHI

**15**

UPPER RIGHT FRONT SNAP KICK

MIGI MAE KEAGE



**16**

RIGHT LUNGE PUNCH LAND FRONT STANCE

MIGI CHUDAN OI ZUKI



Front stance
ZENKUTSU DACHI

**17**

LEFT REVERSE PUNCH

HIDARI GYAKU ZUKI



Front stance
ZENKUTSU DACHI

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# HEIAN YONDAN 2/2



18

PIVOT ON LEFT FOOT
REVERSE WEDGE BLOCK
BACK STANCE

CHUDAN KAKIWAKE UKE

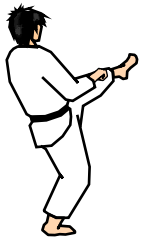


Back stance
KOKUTSU DACHI

19

UPPER LEVEL
FRONT SNAP KICK

JODAN MAE KEAGE



20

LAND FRONT STANCE

LEFT LUNGE PUNCH

HIDARI OI ZUKI

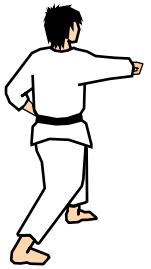


Front stance
ZENKUTSU DACHI

21

RIGHT REVERSE PUNCH

MIGI GYAKU ZUKI



Front stance
ZENKUTSU DACHI

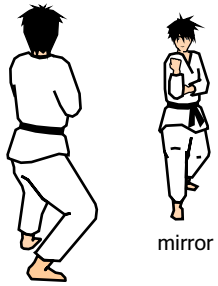


22

TURN INTO BACK STANCE

LEFT REINFORCED BLOCK

HIDARI MOROTE UKE



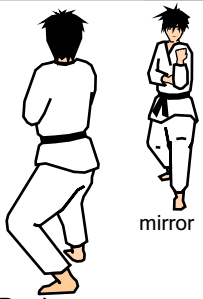

Back stance
KOKUTSU DACHI

23

BRING FISTS TO LEFT HIP
STEP FORWARD
BACK STANCE
RIGHT REINFORCED BLOCK

MIGI MOROTE UKE



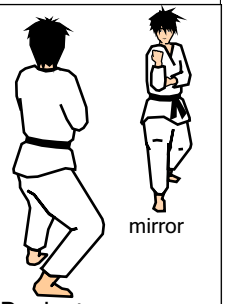

Back stance
KOKUTSU DACHI

24

BRING FISTS TO RIGHT HIP
STEP FORWARD
BACK STANCE
LEFT REINFORCED BLOCK

HIDARI MOROTE UKE




Back stance
KOKUTSU DACHI



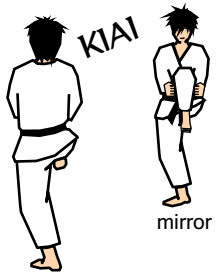
25

RIGHT KNEE STRIKE

KIAI

MIGI HIZA AGE ATE






Left foot stance
HIDARI ASHI DACHI

26

LAND BACK STANCE

LEFT SWORD HAND BLOCK

HIDARI SHUTO UKE



Back stance
KOKUTSU DACHI

27

STEP FORWARD
BACK STANCE
RIGHT
SWORD HAND BLOCK

MIGI SHUTO UKE



Back stance
KOKUTSU DACHI

ON INSTRUCTION
'NAORE'
RETURN TO
YOI
POSITION



SHIZENTAI

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