EMBUSEN

HEIAN GODAN 1/ 2 (approx. 50 seconds)

HEIAN GODAN IS THE LAST KATA IN THE HEIAN SERIES AND CONSISTS OF 23 COUNTS
IT IS THE FIRST KATA TO CONTAIN A JUMP (TOBI KOMI).

1



TURN LEFT INTO BACKSTANCE
LEFT INSIDE BLOCK

HIDARI KEN (LEFT FIST)
CHUDAN UCHI UKE

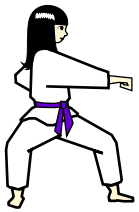


Back stance
KOKUTSU DACHI

2

RIGHT REVERSE PUNCH
LEFT FIST TO HIP

MIGI KEN (RIGHT FIST)
CHUDAN GYAKU ZUKI



Back stance
KOKUTSU DACHI

3

SLOWLY MOVE LEFT ARM AND HEAD TO RIGHT
AT THE SAME TIME BRING RIGHT FOOT IN TO MEET LEFT

HIDARI ZENWAN (LEFT FOREARM)

(FLOWING WATER POSITION)



Feet together stance
HEISOKU DACHI

4

STEP RIGHT INTO BACKSTANCE
RIGHT INSIDE BLOCK

MIGI KEN (RIGHT FIST)
CHUDAN UCHI UKE



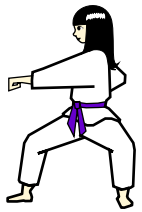
Back stance
KOKUTSU DACHI

5



LEFT REVERSE PUNCH
RIGHT FIST TO HIP

MIGI KEN (RIGHT FIST)
CHUDAN GYAKU ZUKI



Back stance
KOKUTSU DACHI

6

SLOWLY MOVE RIGHT ARM IN FRONT OF BODY
AT THE SAME TIME BRING LEFT FOOT IN TO MEET RIGHT AND TURN HEAD TO FRONT

MIGI ZENWAN (RIGHT FOREARM)
MIZU-NAGARE KAMAE
(FLOWING WATER POSITION)



Feet together stance
HEISOKU DACHI

7

STEP FORWARD
BACK STANCE
RIGHT REINFORCED FOREARM BLOCK

MIGI CHUDAN MOROTE UKE

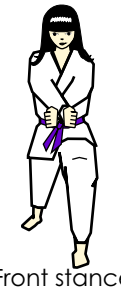


Back stance
KOKUTSO DACHI

8

STEP FORWARD
LEFT FRONT STANCE
AT THE SAME TIME CROSS WRISTS AND EXECUTE LOWER LEVEL X BLOCK

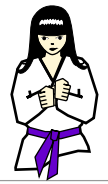
RYO KEN (BOTH FISTS)
GEDAN KOSA UKE



Front stance
ZENKUTSU DACHI

9





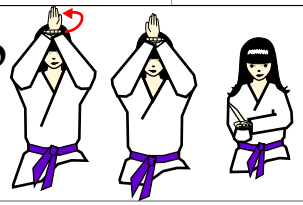


UPPER LEVEL X BLOCK. BOTH PALMS THRUST UPWARDS WITH WRISTS STILL CROSSED

RYO SHO (BOTH PALMS) JODAN KOSA UKE



10



MIDDLE LEVEL PRESSING BLOCK WITH BOTH PALMS. RIGHT ELBOW TO HIP

RYO SHO CHUDAN OSAE-UKE



11

MIDDLE LEVEL PUNCH WITH LEFT FIST
BRING RIGHT FIST TO HIP

HIDARI KEN CHUDAN ZUKI



12

RIGHT STEPPING PUNCH

KIAI

MIGI KEN
CHUDAN OI ZUKI

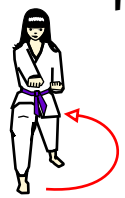


Front stance
ZENKUTSU DACHI

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HEIAN GODAN 2/2

13



¾ TURN TO LEFT
MOVING FRONT FOOT
INTO SQUARE STANCE
RIGHT DOWNWARD BLOCK

MIGI KEN (RIGHT FIST)
MIGI SOKUMEN
(RIGHT SIDE)
GEDAN BARAI



SQUARE STANCE
KIBA DACHI

14



BRING LEFT PALM FROM
UNDER RIGHT ELBOW

HOOKING BLOCK TO LEFT
SIDE

HIDARI CHUDAN
KAKE UKE



SQUARE STANCE
KIBA DACHI

15

RIGHT CRESCENT
KICK
TO LEFT PALM

MIGI MIKAZUKI
GERI



16

FRONT STRIKE WITH
RIGHT ELBOW

MIGI MAE EMPI



SQUARE STANCE
KIBA DACHI

17

REINFORCED
FOREARM BLOCK

CROSS RIGHT LEG
BEHIND LEFT

MIGI
MOROTE UKE



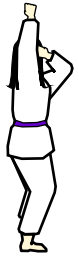
CROSS LEG STANCE
KOSA DACHI

18

RIGHT REINFORCED
SWINGING PUNCH

LEFT FOOT
JUST TOUCHING FLOOR

MOROTE TSUKI AGE



L stance
RENOJI DACHI

19



BRING BOTH FISTS
TO HIPS, JUMP

LAND CROSS LEG STANCE

EXECUTE DOWNWARDS
X BLOCK

GEDAN KOSA UKE



CROSS LEG STANCE
KOSA DACHI

20

STEP TO RIGHT
FRONT STANCE

RIGHT REINFORCED
BLOCK

MIGI CHUDAN
MOROTE UKE





mirror

Front stance
ZENKUTSU DACHI



21a

DOWNWARD STRIKE WITH RIGHT SWORD HAND
SWEEPING BLOCK LEFT PALM TO RIGHT SHOULDER

MIGI SHUTO UCHI KOMI
HIDARI NAGASHI UKE



NARROW FRONT STANCE
ZENKUTSU

21b

LEFT DOWNWARD BLOCK

UPPER LEVEL RIGHT BLOCK

HIDARI KEN GEDAN UKE
MIGI JODAN UCHI UKE



Back stance
KOKUTSU DACHI

22

SLIDE LEFT FOOT
SLOWLY TO MEET
RIGHT

JOTAI
SONOMAMA



Feet together
stance
HEISOKU DACHI



23a

TURN TO LEFT ON RIGHT TOES AND LEFT HEEL
STEP FORWARD RIGHT LEG, NARROW FRONT STANCE
DOWNWARD STRIKE WITH LEFT SWORD HAND
SWEEPING BLOCK RIGHT PALM TO LEFT SHOULDER

HIDARI SHUTO UCHI KOMI
MIGI NAGASHI UKE



NARROW FRONT STANCE
ZENKUTSU

23b

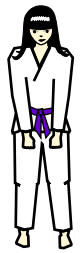
RIGHT DOWNWARD BLOCK
UPPER LEVEL LEFT BLOCK

MIGI KEN GEDAN UKE
HIDARI JODAN UCHI UKE



Back stance
KOKUTSU DACHI

ON
INSTRUCTION
'NAORE'
RETURN
TO YOI
POSITION



YOI

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