



Heian Godan

Heian means "peaceful mind". This kata is the first of five introductory kata, developed by Yasutsune Itosu (one of Gichin Funakoshi's instructors). Although scholars do not agree on how the Heian kata were created, it is commonly stated that all are derived in some part from the higher level kata, Kanku-dai (In addition to the Kanku-dai, each of the Heian kata are related to another advanced kata) . Itosu created the Heian kata for introduction into the school curriculum, removing or de-emphasizing some of the more dangerous techniques found in the advanced kata.

Preparation

- attention stance
 - bow
 - state the name of the kata: "Heian Godan"
 - step out with your right leg into natural stance
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1. Look to the left (west). Set for inside block by bringing your left hand under the right while you drop your hips. Step out into back stance with your left leg towards the left (west) and simultaneously perform a middle level inside block. Ensure that the right fist is pulled back to the hip and that the elbow is squeezing towards the centre of the body. The hips should finish the inside block in the half front facing position. Perform a middle level reverse punch with the right hand. Bring the right leg to the left and assume an attention stance position facing the north. As you do this, slowly perform a middle level hook punch with the left hand, decelerating as you punch. Square the hips to the north on the last action.
 2. Look over your right shoulder behind you (in the east direction). Set for inside block with the right hand underneath the left. Step in the direction the you are looking (in the east direction) into back stance with your right leg. As you are stepping, simultaneously execute a middle level inside block with the right hand. Ensure that the left fist is pulled back to the hip and that the left elbow is squeezing towards the centre of the body. The hips should finish the inside block in the half front facing position. Perform a middle level reverse punch with the left hand. Bring the left leg to the right and assume an attention stance position facing the north. As you do this, slowly perform a middle level hook punch with the right hand, decelerating as you punch. Square the hips to the north on the last action.
 3. Look over your left shoulder to the north. Set for augmented block, remembering to drop your hips. Step out with the right leg (towards the north) into back stance and perform a middle level augmented block with the right



- hand supporting the left. The hips should finish the augmented block in the half front facing position.
4. Continuing to look straight ahead, step forward with the left leg and perform a lower level X-block (right hand on the inside). The hips should finish the low X-block in the full front facing position. Driving your hips upward, perform an openhanded (i.e. hands in the knife hand position) X-block to the upper level. The hips should finish the high X-block in the full front facing position.
 5. Rotate your hands counterclockwise so that the left hand forms a fist on top of the right fist (grabbing action). Pull both fists to your right hip, maintain the form established in the previous movement. The hips should finish this action in the half front facing position. Quickly execute a middle level vertical sweeping block with the left hand as you step forward with the right leg into front stance and execute a middle level lunge punch with the right hand. Kiai on the lunge punch. The hips should finish the lunge punch in the full front facing position.
 6. Look over your left shoulder to the south. Perform a middle level crescent kick with the right leg to the south, recovering by assuming a horse stance with the right leg stepping to the south. As you perform the crescent kick, set for downward block with the right hand on top of the left, and as you step down into the horse stance simultaneously execute a lower level downward block with the right hand to the south.
 7. Look over your left shoulder (to the north). Set for backhand block by bringing your left hand under your right armpit and pointing your right hand in the direction you are looking. Both hands are in knife hand block position. Perform a middle level backhand block with the left hand (slowly).
 8. Continuing to look to the north, execute a middle level crescent kick block with the right leg (making contact with the extended left hand). On the recovery portion of the kick, step down with the right leg into horse stance and execute a middle level elbow smash with the right elbow (pulling the left hand to the right elbow). The elbow smash finishes in front of the body. The hips should be square on the elbow strike (to the west).
 9. Look over your right shoulder to the north. Step back (to the north) with the left leg into crossed leg stance and execute an upper level back fist strike with the right hand (left fist finishes under the right elbow). The hips should finish in the half front facing position on the back fist strike. Execute an upper level vertical uppercut punch with the right hand, simultaneously looking over your left shoulder to the south and stepping out with your left leg into cat stance. Transfer the hips into the half front facing position on this last action.
 10. Continuing to look straight ahead (south), bring both fists in front of the body at the upper level (as if performing an X-block with the palms facing in towards the body right hand inside the left) and then slowly draw both fists to your hips. The hips should finish in the full front facing position.
 11. Continuing to look straight ahead (south), jump straight up into the air (bringing both knees to your chest). Land in a low crossed leg stance with the left leg



- behind the right and perform a lower level X-block in front of the body (left hand on the inside). On the landing, the shoulders and hips should be square to the east.
12. Look over your right shoulder to the south. Step out with the right leg into front stance and execute a middle level augmented block with the left hand supporting the right. The hips should finish the augmented block in the half front facing position.
 13. Look over your left shoulder to the north. Lean forward at the waist (so that the back is in line with the back leg of the front stance) and perform an openhanded rising block to the south with your right hand and a lower level knife hand block with the left hand to the north. Both blocks are in the centre of the body. Hips are in the half front facing position.
 14. Continuing to look to the north, step out with the left leg into front stance in the direction that you are looking. Execute a lower level spear hand strike (palm facing up) with the right hand, bringing the left hand on top of the right as if setting for an openhanded downward block. Using the hip rotation method, square the hips to the front on the spear hand strike. Shift your weight and assume the back stance position (right leg serving as the back leg). As you shift, simultaneously perform an upper level inside block with the right hand (to the rear) and a lower level downward block with the left hand (to the front). The hips should finish the simultaneous action in the half front facing position.
 15. Continuing to look straight ahead, bring the left leg back to the right leg assuming an attention stance position (shoulders square to the east, looking and blocking to the north). Pivot 180-degrees to the left (so that the shoulders are now square to the west) and simultaneously execute an upper level inside block (to the back) with the left hand and a lower level downward block (to the front) with the right hand. The hips should finish the simultaneous action square to the east.
 16. Continuing to look straight ahead, step out with the right leg into front stance. Execute a lower level spear hand strike with the left hand (palm facing up), bringing the right hand on top of the left as if setting for an openhanded downward block. Using the hip rotation method, square the hips to the front on the spear hand strike. Shift your weight and assume the back stance position (left leg serving as the back leg). As you shift, simultaneously perform an upper level inside block with the left hand (to the back) and a lower level downward block with the right hand (to the front). The hips should finish the simultaneous action in the half front facing position.

- assume attention stance by bringing your right leg to your left
- bow
- step out with your right leg into natural stance