



## Heian Nidan

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 Nidan"
  - step out with your right leg into natural stance
1. Look to the left. Set for side square block by bringing you left hand on top of your right and dropping your hips (cup and saucer position). Step with your left foot 90° to your left into left back stance and execute side square block. You should finish the block with your hips in the half front facing position.
  2. Remaining in back stance, set as if executing a downward block with the left hand and execute a middle level close punch with the right hand. Your hips should finish in the full front facing position.
  3. Execute an inside hammer fist strike with the left hand while simultaneously pulling the right hand back to the hip. You should finish the bottom fist strike with your hips in the half front facing position.
  4. Look to the right. Set for side square block by bringing you right hand on top of your left and dropping your hips (cup and saucer position). Shift your stance into right back stance and execute side square block. You should finish the block with your hips in the half front facing position.
  5. Remaining in back stance, set as if executing a downward block with the right hand and execute a middle level close punch with the left hand. Your hips should finish in the full front facing position.
  6. Execute an inside hammer fist strike with the right hand while simultaneously pulling the left hand back to the hip. You should finish the bottom fist strike with your hips in the half front facing position.
  7. Look over your right shoulder in the south direction. Draw the left foot halfway towards the front. Chamber the right foot for side kick and chamber the hands in cup and saucer position with the right hand on top. Simultaneously execute a



back fist strike with the right hand and side snap kick with the right foot. Rechamber the kick and look over your left shoulder behind you. Set for knife hand block and step down into back stance executing a middle level knife hand block

8. Step forward with the right leg into back stance and execute a middle level knife hand block with the right hand.
9. Step forward with the left leg into back stance and execute a middle level knife hand block with the left hand.
10. Execute a middle level pressing block with the left hand as you step forward with the right leg into right front stance and execute a spear hand strike over the pressing block to the middle level. Kiai on the spear hand strike.
11. Bring your left foot to your right foot and pivot 270° to your left. Step out with your left foot into left back stance and execute a middle level knife hand block with your left hand.
12. Step 45° to front with your right leg into back stance and execute a middle level knife hand block with your right hand.
13. Look over your right shoulder behind you and pivot 180° to your right, and step out with your right leg into right back stance and execute a middle level knife hand block with your right hand.
14. Step 45° to front with your left leg into back stance and execute a middle level knife hand block with your left hand.
15. Step 45° to you left into front stance and execute a reverse scooping block.
16. Execute a middle level front snap kick from the right leg and step forward into right front stance. Execute a middle level reverse punch as you step down.
17. Execute a middle level inside forearm block.
18. Execute a middle level front snap kick from the right leg and step forward into right front stance. Execute a middle level reverse punch as you step down.
19. Step forward with the right leg into front stance and execute a middle level augmented block with the left hand supporting the right.
20. Bring your left foot to your right foot and pivot 270° to your left into left front stance and execute a down block with your left hand.
21. Look 45° to your right, and bring your left hand to the upper level in the direction you are looking as a setting action for rising block. Step at a 45° angle with your right leg into front stance and execute an upper level rising block with your right hand.
22. Look behind you to the right and pivot 180° into front stance by bringing your right leg to your left, pivot 180-degrees and execute a down block with your right hand.
23. Look 45° to your left, and bring your right hand to the upper level in the direction you are looking as a setting action for rising block. Step at a 45° angle with your left leg into front stance and execute an upper level rising block with your left hand. Kiai on the rising block.



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