



Heian Sandan

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 Sandan"
 - step out with your right leg into natural stance
1. Look to the left (west). Set for inside block by bringing your left hand under the right and dropping your hips. Step out into back stance with your left leg towards the left (west) and simultaneously perform a middle level inside block (to the west). Expand the chest as much as possible on this movement. Ensure that the right fist is pulled back to the hip and that the elbow is squeezing towards the centre of the body. You should finish the block with your hips in the half front facing position.
 2. Continuing to look straight ahead (west), bring your right foot up to your left and assume attention stance position with the shoulders and hips square to the west. Set with your left hand on top as if performing a downward block. Simultaneously execute a lower level downward block with the top (left) hand and a middle level inside block with the bottom (right) hand. Upon completion of that technique, set with the right hand on top as if performing a downward block. Simultaneously execute a lower level downward block with the top (right) hand and a middle level inside block with the bottom (left) hand.
 3. 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 (to the east). Expand the chest as much as possible on this movement. Ensure that the left fist is pulled back to the hip and that the left elbow is squeezing towards the centre of the body. You should finish the block with your hips in the half front facing position.



4. Continuing to look straight ahead (east), bring your left foot up to your right and assume attention stance position with the shoulders square to the east. Set with your right hand on top as if performing a downward block. Simultaneously execute a lower level downward block with the top (right) hand and a middle level inside block with the bottom (left) hand. Upon completion of that technique, set with the left hand on top as if performing a downward block. Simultaneously execute a lower level downward block with the top (left) hand and a middle level inside block with the bottom (right) hand.
5. Look over your left shoulder to the north. Set for augmented block while dropping your hips. Step out with the left leg (towards the north) into back stance and perform a middle level augmented block with the right hand supporting the left. You should finish the augmented block with your hips in the half front facing position.
6. Continuing to look straight ahead (north), perform a pressing block with the left hand. Simultaneously, step forward with the right leg into front stance. Execute a middle level spear hand strike with the right hand. The left hand (in a knife hand position with the elbow pointing directly to the side) should finish directly under the right elbow to add support. You should finish the spear hand strike with your hips in the full front facing position.
7. Continuing to look straight ahead (north), twist the right arm/shoulder counterclockwise so that the palm is facing away from the body. Bring your back (left) leg to your right leg assuming an attention stance (keeping your hips low). Pivot towards your left 270-degrees (so that your toes are facing east). As you are pivoting, tuck the right arm behind your back and look over your left shoulder to the north. Step out (towards the north) with your left leg into horse stance and execute a middle bottom fist strike with your left hand. On the bottom fist strike ensure that you pull the right fist to your hip. Upon completion of the bottom fist strike, step forward (north) with your right leg into front stance and execute a middle level lunge punch with the right hand. Kiai on the lunge punch. You should finish the lunge punch with your hips in the full front facing position.
8. Look over your left shoulder behind you (towards the south). Bring your left leg to your right into attention stance and pivot to you left so that your shoulders and hips are square to the south (180-degree pivot). Place your fists in the space between the top of the hip and the floating ribs. Keep the wrists straight and elbows pointing directly to the side.
9. Continuing to look straight ahead (south), perform an upper level knee strike with the right leg. On the recovery, stomp down with the right leg into horse stance (toes pointing to the east, looking south). Lead with the hip and keep the arms stationary. After assuming the horse stance, draw the right fist back past the solar plexus and execute an upper level back fist strike (snapping action, back fist comes "over the top" rather than from the side). On the recovery, return the



- fist to the area between the top of the hip and the floating ribs. The left arm remains stationary for the entire count.
10. Continuing to look to the south, perform an upper level knee strike with the left leg. Ensure that you bring the knees together as you come up. On the recovery, stomp down with the left leg into horse stance (toes pointing to the west, looking south). Lead with the hip and keep the arms stationary. After assuming the horse stance, draw the left fist back past the solar plexus and execute an upper level back fist strike (snapping action, back fist comes "over the top" rather than from the side). On the recovery, return the fist to the area between the top of the hip and the floating ribs. The right arm remains stationary for the entire count.
 11. Continuing to look to the south, perform an upper level knee strike with the right leg. On the recovery, stomp down with the right leg into horse stance (toes pointing to the east, looking south). Ensure that you bring the knees together before the knee strike. Lead with the hip and keep the arms stationary. After assuming the horse stance, draw the right fist back past the solar plexus and execute an upper level back fist strike (snapping action, back fist comes "over the top" rather than from the side). On the recovery, return the fist to the area between the top of the hip and the floating ribs. The left arm remains stationary for the entire count.
 12. Continuing to look to the south, execute a middle level sweeping vertical knife hand block with the right hand. Set by bringing the right hand up beside the face and decelerate as you move the arm out. The left fist goes to the left hip. Expand the chest as much as possible.
 13. Continuing to look to the south, step forward with the left leg into front stance and execute a middle level lunge punch (to the south). You should finish the lunge punch with your hips in the full front facing position.
 14. Continuing to look straight ahead, bring the right foot up to the left in attention stance (with the hips kept low). Step out with the right leg into horse stance. Bring the left leg to the right and pivot to your left 180-degrees (finish facing the north). Look over your left shoulder to the north. Step out with the left leg (towards the west) into horse stance and simultaneously execute an upper level right-handed over the shoulder punch. The fist should finish in the vertical fist position on the punch. Immediately upon its completion, slide to the east in horse stance and execute an upper level over the shoulder punch with the left hand. Once again, the punch should finish in the vertical fist position. Kiai on the last movement.
 15. Continuing to look straight ahead (north), set as if performing a downward block with the right hand on top. Bring the right leg to the left and assume natural stance.

- assume attention stance by bringing your right leg to your left
- bow



- step out with your right leg into natural stance