



Heian Shodan

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.

The Heian series are all shorin kata, which emphasize light, flexible movements.

Heian Shodan means the first of the Heian series. It is related to the advanced kata Jion.

Preparation

- attention stance
- bow
- clearly state the name of the kata: "Heian Shodan"
- step out with your right leg into natural stance

1. Look to the left and set for a left down block (left hand to the ear). Step out 90° to the left into Left Front Stance and execute a Left Down Block
2. Look straight ahead. Step forward with the right foot into Right Front Stance and execute a Right Lunge Punch
3. Look behind you to the right and set for a down block (right hand to the ear). Step around with the right foot 180° into Right Front Stance and execute a Right Down Block.
4. Look straight ahead. Pull the right hand back toward your stomach and you're your right foot back. Circle your right hand overhead and step back out with the right foot into front stance and execute and downward hammer fist strike.
5. Step forward with the left foot into Left Front Stance and execute a Left Lunge Punch
6. Look to your left and slight your left foot back. Step out 90° to the left into Left Front Stance and execute a Left Down Block.
7. Look straight ahead. Raise the left hand to upper level as in rising block. Step forward with the right foot into Right Front Stance and execute a Right Rising Block (rising forearm strike)



8. Look straight ahead. Open the right hand and step forward with the left foot into Left Front Stance and execute a Left Rising Block
9. Look straight ahead. Open the left hand and step forward with the right foot into Right Front Stance and execute a Right Rising Block with a loud Kiai (yell)
10. Look behind you to the left. Begin the turn by shifting 90° to the left on the balls of your feet and set for a down block (left hand to ear). Continue looking behind you and finish the turn by stepping around with the left foot 180° into Left Front Stance and execute a Left Down Block.
11. Look straight ahead. Step forward with the right foot into Right Front Stance and execute a Right Lunge Punch
12. Look behind you to the right and set for a down block (right hand to the ear). Step around with the right foot 180° into Right Front Stance and execute a Right Down Block.
13. Look straight ahead. Step forward with the left foot into Left Front Stance and execute a Left Lunge Punch
14. Look to your left and slight your left foot back. Step out 90° to the left into Left Front Stance and execute a Left Down Block.
15. Look straight ahead. Step forward with the right foot into Right Front Stance and execute a Right Lunge Punch
16. Look straight ahead. Step forward with the left foot into Left Front Stance and execute a Left Lunge Punch
17. Look straight ahead. Step forward with the right foot into Right Front Stance and execute a Right Lunge Punch with a loud Kiai (yell)
18. Look behind you to the left. Begin the turn by shifting 90° to the left on the balls of your feet and set for a knife hand block (left hand to ear). Continue looking behind you and finish the turn by stepping around with the left foot 180° into Left Back Stance and execute a Left Knife Hand Block.
19. Look 45° right and step forward 45° with the right foot into Right Back Stance and execute a Right Knife Hand Strike
20. Look behind you to the right and set for a knife hand block (right hand to the ear). Step around with the right foot 180° into Right Back Stance and execute a Right Knife Hand Block.
21. Look 45° left and step forward 45° with the left foot into Left Back Stance and execute a Left Knife Hand Strike

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