



Heian Yondan

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 Yondan"
 - step out with your right leg into natural stance
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1. Look to the left (west). Set for open hand back arm block by dropping your hands directly in front of your body while you drop your hips. Slowly and smoothly step out into back stance with your left leg towards the left (west) and simultaneously perform an upper level open hand back arm block (left arm finishes to the side, right arm in front). Decelerate as you perform this movement. Hand and foot should move in unison. The hips should finish in the half front facing position.
 2. Look over your right shoulder to the east. Set for open hand back arm block by dropping your hands directly in front of your body. Slowly and smoothly perform an upper level open hand back arm block (right arm finishes to the side, left arm in front) as you shift into a back stance (in the direction that you are facing - east). Decelerate as you perform this movement. The hips should finish in the half front facing position.
 3. Look towards the north. Step towards the north with your left leg into front stance. Ensure that you bring your left leg to your right, bringing your knees and inner thighs together before you step. When you bring your knees together, set for an X-block. Continuing, as you step forward, execute a lower level X-block with the left hand on the bottom. The hips should finish the X-block in the full front facing position.
 4. Continuing to look straight ahead, step forward with your right leg into back stance and execute a middle level augmented block, with the left hand supporting the right. The hips should finish in the half front facing position.
 5. Look over your left shoulder to the west. Bring your left leg up to your right and assume attention stance position. When assuming this stance, your right fist



- should be on your right hip and the left fist should be in the hammer fist position resting on top of the right fist (in the cup and saucer position). The hips and shoulders should be square to the front (north).
6. Continuing to look to the west, execute an upper level side snap kick with the left leg. Simultaneously, execute an upper level back fist strike with the left hand. The back fist remains extended when the leg recoils. Look 45-degrees to the front (northwest). On the recovery stage of the side snap kick, step with the left leg into a narrow front stance (heels in line with each other) and execute a middle level elbow smash with the right elbow at a 45-degree angle to the front. The hips should finish the elbow smash facing the same direction as the elbow smash.
 7. Look over your right shoulder to the east. Bring your right leg back to your left and assume attention stance position. When assuming this stance, your left fist should be on your left hip and the right fist should be in the hammer fist position resting on top of the left fist (cup and saucer position). The hips and shoulders should be square to the front (north).
 8. Continuing to look to the east, execute an upper level side snap kick with the right leg. Simultaneously, execute an upper level back fist strike with the right hand. The back fist remains extended when the leg recoils. Look 45-degrees to the front (northeast). On the recovery stage of the side snap kick, step with the right leg into a narrow front stance (heels in line with each other) and execute a middle level elbow smash with the left elbow at a 45-degree angle to the front. The hips should finish the elbow smash facing the same direction as the elbow smash.
 9. Look over your left shoulder to the north. Remaining in the narrow front stance, simultaneously bring your right hand up to the upper level in an open hand rising block position and the left hand down in a lower level reverse ridge hand block position. The hips should be square to the east on this movement. Shifting the front stance so that it is facing the west (i.e. narrow front stance with the left leg forward), execute an upper level outside-in knife hand strike to the north with the right hand and bring the left hand up in a position similar to an open handed rising block position. The hips should be transferred to the full front facing position (to the north) on this movement. Perform a middle level front snap kick with the right leg. Recover (stepping forward) in a crossed leg stance (left leg moving up behind the right) facing the north and execute a middle level vertical back fist strike with the right hand. Kiai on the back fist strike. The hips should finish in the half front facing position on the back fist strike.
 10. Look over your left shoulder to the southeast. Pivot to your left 270-degrees and assume a cat stance with the left leg forward setting for wedge block (right hand on the inside). Moving the leg and arms in unison, execute a middle level wedge block, stepping forward (southeast direction) with the left leg into back stance. Decelerate as you perform this movement and remember that the hips should finish the wedge block in the full front facing position.



11. Continuing to look straight ahead (southeast), execute a middle level front snap kick with the right leg. On the recovery portion of the kick, step down with the right leg into front stance (in the southeast direction) and execute a middle level straight punch with the right hand. Immediately follow the straight punch with a middle level reverse punch with the left hand. The hips should finish the reverse punch in the full front facing position.
12. Look over your right shoulder to the southwest. Pivot to your right and assume a cat stance with the right leg forward facing the southwest. As you assume the cat stance set for wedge block, with the left hand on the inside. Moving the leg and arms in unison, execute a middle level wedge block, stepping forward (southwest direction) with the right leg into back stance. Decelerate as you perform this movement and remember that the hips should finish the wedge block in the full front facing position.
13. Continuing to look straight ahead (southwest), execute an upper level front snap kick with the left leg. On the recovery portion of the kick, step down with the left leg into front stance (in the southwest direction) and execute a middle level straight punch with the left hand. Immediately follow the straight punch with a middle level reverse punch with the right hand. The hips should finish the reverse punch in the full front facing position.
14. Look over your left shoulder to the south. Step forward (south) with your left leg into back stance and execute a middle level augmented block with the right arm supporting the left. The hips should finish the augmented block in the half front facing position.
15. Continuing to look straight ahead (south) step forward (south) with your right leg into back stance and execute a middle level augmented block with the left arm supporting the right. The hips should finish the augmented block in the half front facing position.
16. Continuing to look straight ahead (south) step forward (south) with your left leg into back stance and execute a middle level augmented block with the right arm supporting the left. The hips should finish the augmented block in the half front facing position.
17. Continuing to look straight ahead (south), shift into front stance with the left leg forward. Simultaneously set for knee strike by bringing both hands to the upper level, fingers pointing straight ahead with the palms down at a 45-degree angle. Square the hips to the front on the setting action. Execute a middle level knee smash with the right knee, simultaneously pulling both hands on either side of the knee. Kiai on the knee smash. Look over your left shoulder to the north and set for knife hand block with the left hand on top of the right. Step back with the right leg into back stance, facing north and simultaneously execute a middle level knife hand block with the left hand. The hips should finish the knife hand block in the half front facing position.
18. Continue looking straight ahead (north). Set for knife hand block with the right hand on top of the left. Step forward with the right leg into back stance and



execute a middle level knife hand block with the right hand. The hips should finish the knife hand block in the half front facing position.

19. Continuing to look straight ahead (north), set as if performing a downward block with the left hand on top. Bring the right leg back 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