

Okaigan Dojo

Heian Shodan

Testing Kata for Gold Belt - 9th Kyu

Kata Heian Shodan

Heian Shodan translates to Peaceful Mind #1. Its embusen, or line of movement, represents the capital I. The kata consists of twenty-one sequential movements, which include front stances, back stances, down blocks, rising blocks, knife hand blocks, and lunge punches.

Start in a ready position, bow and state the name of your kata (Heian Shodan), then go back to a ready position.

1. Look over your left shoulder, put your left fist to your right ear, move your left foot 1/4 turn (90 degrees) to your left, do a down block to the left.
2. Step forward with a right lunge punch.
3. Look over your right shoulder, put your right fist to your left ear, move your right foot 1/2 turn (180 degrees) to your right, do a down block to the right.
4. Pull back right arm in a circular motion, pull also back your right foot and move the foot again forward doing a back fist strike with your right hand
5. Step forward with a left lunge punch.
6. Look over your left shoulder, put your left fist to your right ear, move your left foot 1/4 turn (90 degrees) to your left, do a down block to the left.
7. Step forward with a right rising block.
8. Step forward with a left rising block.
9. Step forward with a right rising block (**KIAI!**)
10. Look over your left shoulder, put your left fist to your right ear, move your left foot 3/4 turn (270 degrees) turning towards your left shoulder, do a down block with your left arm.
11. Step forward with a right lunge punch.
12. Look over your right shoulder, put your right fist to your left ear, move your right foot 1/2 turn (180 degrees) to your right, do a down block to the right.
13. Step forward with a left lunge punch.
14. Look over your left shoulder, put your left fist to your right ear, move your left foot 1/4 turn (90 degrees) to your left, do a down block to your left.
15. Step forward with a right lunge punch.
16. Step forward with a left lunge punch.
17. Step forward with a right lunge punch. (**KIAI!**)
18. Look over your left shoulder, put your left knife hand to your right ear, move your left foot 3/4 turn (270 degrees) turning towards your left shoulder, do a knife hand block to your left (in a back stance).
19. Step out 45 degrees with a right knife hand block in a back stance.
20. Look over your right shoulder, put your right knife hand to your left ear, move your right foot 3/8 turn (135 degrees) , do a knife hand block to your right (in a back stance).
21. Step out 45 degrees with a left knife hand block in a back stance.

End of Kata

Step back with your left foot into a ready position, bow, go back into a ready position.

Notes:

- * If not stated other way, every stance is a front stance.