







UCSD Sabakukan dojo of Shorinji-Ryu Karate-do

Heian Kata

(60 seconds; retracted hand on floating ribs & shoulder down in zenkutsu-dachi and neko ashi-dachi;
heian: peace)

Heian Shodan

1. Head snaps to look 90° Left. Step out 90° Left with the Left foot and execute Left gedan barai (downward parry) in zenkutsu-dachi (front stance).
2. Step forward in zenkutsu-dachi, R chudan hon tsuki (middle punch).
3. Look, then turn R 180°, stepping through with the R foot, R gedan barai (zenkutsu-dachi)
4. Pull back the right foot to teiji dachi (T stance), R tettui uchi jodan (hammer fist strike to the temple)-**kiai**
 - i.  *R gedan barai has been grabbed, as R fist comes back to L hip you pull them off balance, then strike temple. Kiai extends from tettui contact to following chudan tsuki contact.*
 - ii. Step forward, L chudan hon tsuki (zenkutsu-dachi)
5. Look, then turn L 90° with the L foot, L gedan barai (zenkutsu-dachi)
 - i. L up to shuto age uke
 *Gi lapel has been grabbed by their R: L fist opens to shuto and passes close to body, stripping grab from gi.*
6. Step forward, R age uke (zenkutsu-dachi)
 *Pervious L age uke shuto hand turns towards face at initiation of move to show grab. This age uke is therefore a break.*
7. Step forward, L age uke (zenkutsu-dachi)
8. Step forward, R age uke (zenkutsu-dachi)-**kiai**
 *Pervious L age uke shuto hand turns towards face at initiation of move to show grab. This age uke is therefore a break.*
9. Look 90° to R, then turn L 270° stepping through with L foot, L gedan barai (zenkutsu-dachi)
10. Step forward, R chudan hon tsuki (zenkutsu-dachi)
11. Look, then turn R 180°, with R foot, R gedan barai (zenkutsu-dachi)
12. Step forward, L chudan hon tsuki (zenkutsu-dachi)
13. Look, then turn L 90° with L foot, L gedan barai (zenkutsu-dachi)
14. Step forward, R chudan hon tsuki (zenkutsu-dachi)
15. Step forward with L to neko ashi-dachi (cat-foot stance), L tate tsuki chudan (vertical shield punch)
16. Step forward, R oi tsuki chudan (lunging punch; lunging zenkutsu-dachi)-long **kiai**
17. Look 90° to R, then turn L 270° with L foot, L shuto uke (knife-hand block; kokutsu-dachi, back stance)
 L points to the inner 45° (R) before stepping into next shuto uchi
18. Step forward to inner 45°, R shuto uchi (knife-hand strike; kokutsu-dachi)
19. Look, then turn R 135°, with R foot, R shuto uke (kokutsu-dachi)
 R points to the inner 45° (L) before stepping into next shuto uchi
20. Step forward to inner 45°, L shuto uchi (kokutsu-dachi)-**kiai**

21. Pull L foot back and and trun 45° L, returning to Yoi
22. Rei
23. Yoi
24. Announce “Heian Shodan” in a decisive tone of voice.
25. Rei
26. Yoi

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