

Kata: Heian Nidan



Yoi – Start Position



Stepping with the left leg into back stance and make double hand block.



Draw the front hand back to the chest, make an uppercut with the right



With the front hand, strike forward with the fist



Pivot on your left leg and face the opposite direction. Hands on hip



Make the double hand block again. Front elbow at shoulder height



Pull front hand in and make the uppercut



Then strike out with the front hand.



Turn to your right and prepare to block & kick. Note knee lift



Side view



Right hand back fist block with side snap kick. Leg returns, but hand remains



Stepping back into back stance and knife hand block



Front View



Forward one step with knife hand block



Once again



Pressing block with front hand and step into spear hand strike. Kiai!



Turn behind and make knife hand block.



Reverse View



Step at 45 degrees and make knife hand block



Withdraw the front foot, pivot behind and again same block

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Step at the angle and block



Moving the front foot into front stance, make inside block with right hand



Step forward with a front kick....



And land with a reverse punch



Pull back the punching hand and ...



... make an inside block



Step forward front kick..



And land with a reverse punch



Right hand to left hip, step forward and make a double hand block



(Front view) Turn behind you and make a downward block



Step at the angle and make a rising block



Withdraw the front leg, pivot behind and make a downward block



Step at the angle, rising block and Kiai!



Stand up, bow and finish