HEIAN GODAN

*Heian Godan* is the last kata in the *Heian* series and has 23 counts. A combination of quick and slow movements, timing skill and fluidity of motion are essential for this kata. It is the first Shotokan kata containing a jump (*tobi-komi*), a very exciting technique for beginner and intermediate karateka. *Mikazuki-geri* is also first seen in H5. The *mizu-nagare-kamae* at the beginning of the kata and the *shuto-uchikomi/manji-uke* combo at the end are extremely vital for proper kata performance. *Bunkai* for H5 involve many throws, locks, and takedowns.

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| **#** | **Technique** | **Translation** | **Stance** | **Target** | **Notes** |
| 1 | uchi-uke | inside block | kokutsu-dachi | chudan |  |
| 2 | gyaku-zuki | reverse punch | kokutsu-dachi | chudan |  |
| 3 | mizu-nagare-no-kamae | water flowing posture | heisoku-dachi | -- | slow speed |
| 4 | uchi-uke | inside block | kokutsu-dachi | chudan |  |
| 5 | gyaku-zuki | reverse punch | kokutsu-dachi | chudan |  |
| 6 | mizu-nagare-no-kamae | water flowing posture | heisoku-dachi | -- | slow speed |
| 7 | morote-uke | double-hand block | kokutsu-dachi | chudan |  |
| 8 | ryoken-kosa-uke  (ryoken-juji-uke) | both fists cross block  (X-block) | zenkutsu-dachi | gedan |  |
| 9 | kaisho-kosa-uke  (ryosho-juji-uke) | both palms cross block  (X-block) | zenkutsu-dachi | jodan |  |
| 10 | ryosho-juji-osae-uke | both palms pressing X-block | zenkutsu-dachi | chudan |  |
| 11 | tsuki (uke-zuki) | punch (block-punch) | zenkutsu-dachi | chudan |  |
| 12\* | oi-zuki | lunge punch | zenkutsu-dachi | chudan |  |
| 13 | gedan-barai | down block | kiba-dachi | gedan | fumikomi variation |
| 14 | kake-uke | hooking block | kiba-dachi | chudan | slow speed |
| 15 | mikazuki-geri | crescent kick | ashi-dachi | chudan |  |
| 16 | mae empi-uchi | front elbow strike | kiba-dachi | chudan |  |
| 17 | morote-uke | double-hand block | kosa-dachi | chudan |  |
| 18 | uho-tsukiage | rising punch to right rear | renoji-dachi | jodan |  |
| 19\* | ryoken-kosa-uke  (ryoken-juji-uke) | both fists cross block  (X-block) | kosa-dachi | gedan | tobikomi  (tobi) |
| 20 | morote-uke | double-hand block | zenkutsu-dachi | chudan |  |
| 21 | soto-nagashi-uke /  shuto-uchikomi &  uchi-uke /  gedan-uke (manji-uke) | flowing block /  sword-hand cutting strike &  inside block /  down block (swirling block) | ashi-zenkutsu  kokutsu-dachi | jodan gedan  jodan gedan |  |
| 22 | jotai-sonomama  (manji-kamae) | upper body as is  (swirling posture) | heisoku-dachi | -- | slow speed |
| 23 | soto-nagashi-uke /  shuto-uchikomi &  uchi-uke /  gedan-uke (manji-uke) | flowing block /  sword-hand cutting strike &  inside block /  down block (swirling block) | ashi-zenkutsu  kokutsu-dachi | jodan gedan  jodan gedan |  |