

# 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.

#	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	