HEIAN NIDAN

*Heian Nidan*, the second *Heian* kata, has 26 movements and the *embusen* is almost I-shaped. Half of the kata is performed in *kokutsu-dachi* (back stance). *Shuto-uke* (knife-hand block) appears seven times, making it a very important technique for this kata. H2 is the first kata that teaches kicks and double-hand movements. Also, *gyaku hanmi*, reversing the torso's position, is first learned in H2. Pay special attention to the *keage/uraken* (side snap kick/back-fist) combination, as it appears in several other kata.

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| **#** | **Technique** | **Translation** | **Stance** | **Target** | **Notes** |
| 1 | haiwan-uke /  zenwan-hitae-kamae | back of forearm block /  forearm forehead posture | kokutsu-dachi | jodan  jodan |  |
| 2 | soto-nagashi uke /  kentsui-soto-mawashi-uchi | outside flowing block /  outside hammer-fist strike | kokutsu-dachi | jodan  jodan | target opponent's elbow |
| 3 | sokumen-zuki (uke-zuki) | punch to side (block-punch) | kokutsu-dachi | chudan |  |
| 4 | haiwan-uke /  zenwan-hitae-kamae | back of forearm block /  forearm forehead posture | kokutsu-dachi | jodan  jodan |  |
| 5 | soto-nagashi-uke /  kentsui-soto-mawashi-uchi | outside flowing block /  outside hammer-fist strike | kokutsu-dachi | jodan  jodan | target opponent's elbow |
| 6 | sokumen-zuki (uke-zuki) | punch to side (block-punch) | kokutsu-dachi | chudan |  |
| 7 | ryoken-koshi-kamae &  uraken-yoko-mawashi-uchi /  yoko-geri-keage | both fists hip posture &  sideways back-fist strike /  side snap kick | ashi-dachi | --  jodan  chudan |  |
| 8 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 9 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 10 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 11\* | shihon-tate-nukite /  osae-uke | 4-finger vertical spear-hand /  pressing block | zenkutsu-dachi | chudan  chudan |  |
| 12 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 13 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 14 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 15 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 16 | uchi-uke | inside block | ashi-zenkutsu | chudan | gyaku-hanmi |
| 17 | mae-geri | front kick | ashi-dachi | chudan |  |
| 18 | gyaku-zuki | reverse punch | zenkutsu-dachi | chudan |  |
| 19 | uchi-uke | inside block | ashi-zenkutsu | chudan | gyaku-hanmi |
| 20 | mae-geri | front kick | ashi-dachi | chudan |  |
| 21 | gyaku-zuki | reverse punch | zenkutsu-dachi | chudan |  |
| 22 | morote-uke | double-hand block | zenkutsu-dachi | chudan |  |
| 23 | gedan-barai | down block | zenkutsu-dachi | gedan |  |
| 24 | age-uke | rising block | zenkutsu-dachi | jodan |  |
| 25 | gedan-barai | down block | zenkutsu-dachi | gedan |  |
| 26\* | age-uke | rising block | zenkutsu-dachi | jodan |  |