

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.

#	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	