HEIAN SANDAN

       The shortest kata in the *Heian* series, *Heian Sandan* has 20 counts, with almost half of the movements performed in *kiba-dachi* (horse stance). *Tai sabaki*, or "body shifting," is of utmost importance in H3. The student must learn how to rotate the entire body to gain momentum, as well as how to slide the feet, *yori-ashi*. *Empi* (elbow) techniques are also first learned in this kata. Timing skills become prominent as H3 is the first kata that contains a slow movement (#11

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| **#** | **Technique** | **Translation** | **Stance** | **Target** | **Notes** |
| 1 | uchi-uke | inside block | kokutsu-dachi | chudan |  |
| 2 | uchi-uke /  gedan-uke | inside block /  down block | heisoku-dachi | chudan  gedan |  |
| 3 | uchi-uke /  gedan-uke | inside block /  down block | heisoku-dachi | chudan  gedan |  |
| 4 | uchi-uke | inside block | kokutsu-dachi | chudan |  |
| 5 | uchi-uke /  gedan-uke | inside block /  down block | heisoku-dachi | chudan  gedan |  |
| 6 | uchi-uke /  gedan-uke | inside block /  down block | heisoku-dachi | chudan  gedan |  |
| 7 | morote-uke | double-hand block | kokutsu-dachi | chudan |  |
| 8 | shihon-tate-nukite /  osae-uke | 4-finger vertical spear-hand /  pressing block | zenkutsu-dachi | chudan  chudan |  |
| 9 | kentsui-uchi-mawashi-uchi  (kentsui -yoko-mawashi-uchi) | inside hammer-fist strike  (sideways hammer-fist strike) | kiba-dachi | chudan |  |
| 10\* | oi-zuki | lunge punch | zenkutsu-dachi | chudan |  |
| 11 | ryoken-ryokoshi-kamae | both fists both hips posture | heisoku-dachi | -- | slow speed |
| 12 | fumikomi /  furi-empi | stomp kick (thrusting step) /  swinging elbow | kiba-dachi | gedan  chudan |  |
| 13 | uraken-tate-mawashi-uchi | vertical back-fist strike | kiba-dachi | jodan |  |
| 14 | fumikomi /  furi-empi | stomp kick (thrusting step) /  swinging elbow | kiba-dachi | gedan  chudan |  |
| 15 | uraken-tate-mawashi-uchi | vertical back-fist strike | kiba-dachi | jodan |  |
| 16 | fumikomi /  furi-empi | stomp kick (thrusting step) /  swinging elbow | kiba-dachi | gedan  chudan |  |
| 17 | uraken-tate-mawashi-uchi | vertical back-fist strike | kiba-dachi | jodan |  |
| 18 | tsukami-uke (koko-uke) &  oi-zuki | grasping block (tiger-mouth)  & lunge punch | zenkutsu-dachi | chudan  chudan | tate-shuto-uke variation |
| 19 | koho-tsukiage /  ushiro-empi-uchi | rising punch to rear /  backwards elbow strike | kiba-dachi | jodan  chudan |  |
| 20\* | koho-tsukiage /  ushiro-empi-uchi | rising punch to rear /  backwards elbow strike | kiba-dachi | jodan  chudan | yori-ashi |