

# 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, *yorishiki*. *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)

#	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	yorishiki