HEIAN SHODAN

*Heian Shodan* is the first kata in the *Heian* series and is usually the first kata that a beginner must learn. It has 21 movements and its *embusen* is roughly I-shaped. Essential points to learn in H1 include the *oi-zuki* (lunge punch) and *gedan-barai* (down block) which comprise over half of the kata. Also of great importance is developing the *zenkutsu-dachi* (front stance), the main stance of H1. The student must try to master the arc-like moves of the feet and reversing direction, skills which appear time and time again in all kata. One must also develop power from the hips in both the *hanmi* (for blocks) and *shomen* (for punches) positions.

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| **#** | **Technique** | **Translation** | **Stance** | **Target** | **Notes** |
| 1 | gedan-barai | down block | zenkutsu-dachi | gedan |  |
| 2 | oi-zuki | lunge punch | zenkutsu-dachi | chudan |  |
| 3 | gedan-barai | down block | zenkutsu-dachi | gedan |  |
| 4 | kentsui-tate-mawashi-uchi | vertical hammer-fist strike | zenkutsu-dachi | -- | target collarbone |
| 5 | oi-zuki | lunge punch | zenkutsu-dachi | chudan |  |
| 6 | gedan-barai | down block | zenkutsu-dachi | gedan |  |
| 7 | age-uke | rising block | zenkutsu-dachi | jodan |  |
| 8 | age-uke | rising block | zenkutsu-dachi | jodan |  |
| 9\* | age-uke | rising block | zenkutsu-dachi | jodan |  |
| 10 | gedan-barai | down block | zenkutsu-dachi | gedan |  |
| 11 | oi-zuki | lunge punch | zenkutsu-dachi | chudan |  |
| 12 | gedan-barai | down block | zenkutsu-dachi | gedan |  |
| 13 | oi-zuki | lunge punch | zenkutsu-dachi | chudan |  |
| 14 | gedan-barai | down block | zenkutsu-dachi | gedan |  |
| 15 | oi-zuki | lunge punch | zenkutsu-dachi | chudan |  |
| 16 | oi-zuki | lunge punch | zenkutsu-dachi | chudan |  |
| 17\* | oi-zuki | lunge punch | zenkutsu-dachi | chudan |  |
| 18 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 19 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 20 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 21 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |