

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.

#	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	