HEIAN YONDAN

   The fourth level *Heian* has 27 counts and has many similarities to H2. The kata's primary stance is *kokutsu-dachi* (back stance), but students first learning this kata must also contend with the new *kosa-dachi*, a cross stance that is quite awkward for most karateka. H4 introduces the student to many new techniques such as *kosa-uke*, *shuto-uchi*, *kakiwake-uke*, *mae-empi*, and *hiza-tsuchi*. To perform H4 properly, a certain amount of flexibility is required as all of the *mae-geri* (front kicks) are *jodan* (upper level). *Heian Yondan* also has more kicks (5) than the other *Heian* kata. Slow moves must also be mastered in this kata; there are four of them. Much of H4 involves double-hand techniques, with *morote-uke* (double-hand block {x4}) occurring more than any other technique. Obviously, *morote-uke* was held in high regard during this kata's creation.

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| **#** | **Technique** | **Translation** | **Stance** | **Target** | **Notes** |
| 1 | haiwan-uke /  zenwan-hitae-kamae | back of forearm block /  forearm forehead posture | kokutsu-dachi | jodan  jodan | slow speed |
| 2 | haiwan-uke /  zenwan-hitae-kamae | back of forearm block /  forearm forehead posture | kokutsu-dachi | jodan  jodan | slow speed |
| 3 | ryoken-kosa-uke  (ryoken-juji-uke) | both fists cross block  (X-block) | zenkutsu-dachi | gedan |  |
| 4 | morote-uke | double-hand block | kokutsu-dachi | chudan |  |
| 5 | ryoken-koshi-kamae | both fists hip posture | ashi-dachi | -- |  |
| 6 | uraken-yoko-mawashi-uchi /  yoko-geri-keage | sideways back-fist strike /  side snap kick | ashi-dachi | jodan  chudan |  |
| 7 | mae empi-uchi | front elbow strike | zenkutsu-dachi | -- |  |
| 8 | ryoken-koshi-kamae | both fists hip posture | ashi-dachi | -- | tsugi-ashi |
| 9 | uraken-yoko-mawashi-uchi /  yoko geri-keage | sideways back-fist strike /  side snap kick | ashi-dachi | jodan  chudan |  |
| 10 | mae-empi-uchi | front elbow strike | zenkutsu-dachi | -- |  |
| 11 | shuto-gedan-barai &  jodan-uke /  shuto-soto-mawashi-uchi | low knife-hand sweep &  face block /  outside sword-hand strike | hizakutsu | gedan  jodan  jodan |  |
| 12 | mae-geri | front kick | ashi-dachi | jodan |  |
| 13\* | uraken-tate-mawashi-uchi | vertical back-fist strike | kosa-dachi | jodan |  |
| 14 | ryoken-kakiwake-uke | both fists wedge block | kokutsu-dachi | chudan | slow speed |
| 15 | mae-geri | front kick | ashi-dachi | jodan |  |
| 16 | oi-zuki | lunge punch | zenkutsu-dachi | chudan |  |
| 17 | gyaku-zuki | reverse punch | zenkutsu-dachi | chudan |  |
| 18 | ryoken-kakiwake-uke | both fists wedge block | kokutsu-dachi | chudan | slow speed |
| 19 | mae-geri | front kick | ashi-dachi | jodan |  |
| 20 | oi-zuki | lunge punch | zenkutsu-dachi | chudan |  |
| 21 | gyaku-zuki | reverse punch | zenkutsu-dachi | chudan |  |
| 22 | morote-uke | double-hand block | kokutsu-dachi | chudan |  |
| 23 | morote-uke | double-hand block | kokutsu-dachi | chudan |  |
| 24 | morote-uke | double-hand block | kokutsu-dachi | chudan |  |
| 25\* | hiza-tsuchi | knee strike | ashi-dachi | -- |  |
| 26 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 27 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |