

# 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.

#	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	