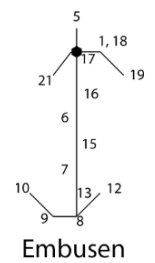


Heian Nidan

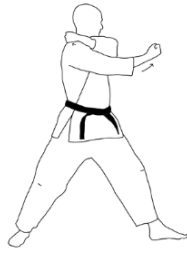
(Peaceful Mind - Level 2)



1



2



3



4



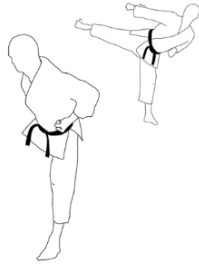
KIAI



5



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11



12



13



14



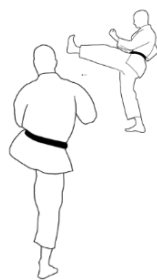
15



16



17



KIAI



18



19



20



21



Heian Nidan Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari jodan haiwan-uke & migi ude soete	left upper back of forearm block & right forearm posture	kokutsu-dachi	back stance	
2	hidari ude-uke & migi jodan ura-zuki / hidari chudan zuki	left inside block & right upper close punch / left middle-level punch	kokutsu-dachi	back stance	
3	migi jodan haiwan-uke & hidari ude soete	right upper back of forearm block & left forearm posture	kokutsu-dachi	back stance	
4	migi ude-uke & hidari jodan ura-zuki / migi chudan zuki	right inside block & left upper close punch / right middle-level punch	kokutsu-dachi	back stance	
5	koshi-gamae / migi yoko keage & migi sideways round back-fist strike / chudan shuto-uke	both fists on hip posture / right side snap kick & right sideways round back-fist strike / middle-level knife-hand block	kokutsu-dachi	back stance	
6	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
7	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
8	migi chudan shihon-nukite / hidari osae-uke	right middle-level 4-finger spear-hand strike / left pressing block	zenkutsu-dachi	front stance	KIAI
9	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
10	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
11	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
12	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
13	migi chudan gyaku uchi-uke / gyaku-hanmi	right middle level reverse inside block	zenkutsu-dachi	front stance	
14	migi mae-geri-keage/ hidari chudan gyaku-zuki	right front snap kick/ left middle-level reverse punch	zenkutsu-dachi	front stance	
15	hidari chudan gyaku uchi-uke / gyaku-hanmi	left middle-level inside block / 45deg hip twist	zenkutsu-dachi	front stance	
16	hidari mae-geri-keage/ migi chudan gyaku-zuki	left front snap kick/ right middle-level reverse punch	zenkutsu-dachi	front stance	
17	migi chudan morote-uke	right middle-level augmented block	zenkutsu-dachi	front stance	
18	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
19	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	
20	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
21	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	KIAI
Yame			hachiji-dachi	natural stance	

Stances:



kokutsu-dachi



zenkutsu-dachi



hachiji-dachi