

Heian Sandan

(Peaceful Mind - Level 3)

21
5 — 2
7,16
8,14
9,12
10,11
Embusen



1



2



3



4



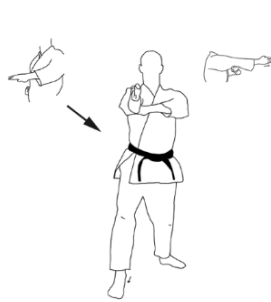
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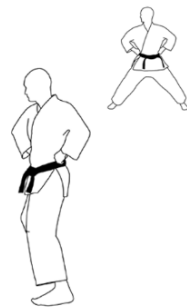
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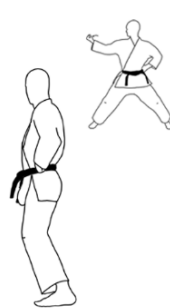
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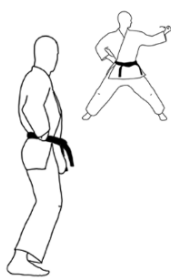
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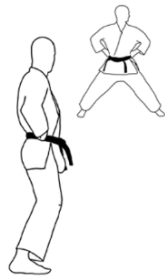
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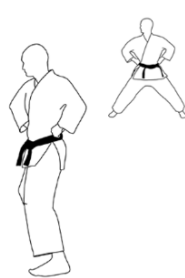
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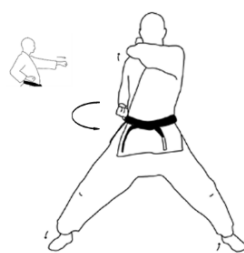
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19



20



KIAI



21



Heian Sandan Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari chudan uchi-uke	left middle-level inside block	kokutsu-dachi	back stance	
2	kosa-uke (hidari gedan-barai & migi chudan uchi-uke)	double block (left downward block & right middle-level inside block)	heisoku-dachi	feet together stance	
3	kosa-uke (hidari chudan uchi-uke & migi gedan-barai)	double block (left middle-level inside block & right downward block)	heisoku-dachi	feet together stance	
4	migi chudan uchi-uke	right middle-level inside block	kokutsu-dachi	back stance	
5	kosa-uke (hidari chudan uchi-uke & migi gedan-barai)	double block (left middle-level inside block & right downward block)	heisoku-dachi	feet together stance	
6	kosa-uke (hidari gedan-barai / migi chudan uchi-uke)	double block (left downward block / right middle-level inside block)	heisoku-dachi	feet together stance	
7	hidari chudan morote-uke	left middle-level augmented block	kokutsu-dachi	back stance	
8	hidari osae-uke / migi chudan shihon-nukite	left pressing block / right middle-level 4-finger spear-hand strike	zenkutsu-dachi	front stance	
9	hidari chudan tettsumi-yoko-uchi	left middle-level sideways hammer-fist strike	kiba-dachi	horse-riding stance	
10	migi chudan oi-zuki	right middle-level stepping punch	kiba-dachi	horse-riding stance	KIAI
11	ryoken-koshi-gamae	both fists on hip posture	zenkutsu-dachi	front stance	slow
12	migi yoko-fumikomi / migi yoko-empi-uchi	right stamping kick / right sideways elbow strike	kiba-dachi	horse-riding stance	
13	migi jodan uraken-tate-uchi	right upper vertical round back-fist strike	kiba-dachi	horse-riding stance	
14	hidari yoko-fumikomi / hidari yoko-empi-uchi	left stamping kick / left sideways elbow strike	kiba-dachi	horse-riding stance	
15	hidari jodan uraken-tate-uchi	left upper vertical round back-fist strike	kiba-dachi	horse-riding stance	
16	migi yoko-fumikomi / migi yoko-empi-uchi	right stamping kick / right sideways elbow strike	kiba-dachi	horse-riding stance	
17	migi jodan uraken-tate-uchi	right upper vertical round back-fist strike	kiba-dachi	horse-riding stance	
18	hidari tate-shuto-gamae	left vertical knife posture (hand moving from centre of chest outwards)	kiba-dachi	horse-riding stance	
19	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
20	migi jodan tate-zuki / hidari ushiro-empi-uchi	right upper vertical fist punch/ left backwards elbow strike	kiba-dachi	horse-riding stance	
21	hidari jodan tate-zuki / migi ushiro-empi-uchi	left upper vertical fist punch/ right backwards elbow strike	kiba-dachi	horse-riding stance	KIAI
Yame			hachiji-dachi	natural stance	

Stances:



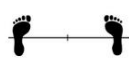
kokutsu-dachi



heisoku-dachi



zenkutsu-dachi



kiba-dachi



hachiji-dachi