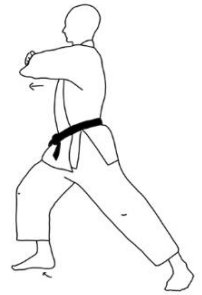
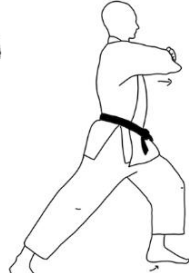
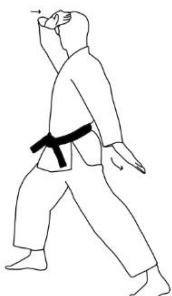


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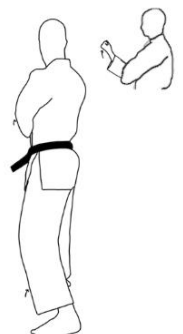
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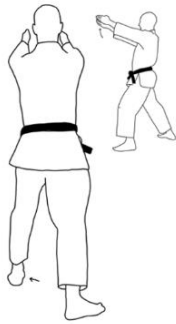
8



13



17



21

Heian Yondan Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari haiwan sokumen jodan-uke	left open hand back of forearm block / open hand forearm forehead posture	kokutsu-dachi	back stance	slow
2	migi haiwan sokumen jodan-uke	right open hand back of forearm block / open hand forearm forehead posture	kokutsu-dachi	back stance	slow
3	gedan juji-uke	lower both fists cross block (X-block)	zenkutsu-dachi	front stance	
4	migi chudan morote-uke	right middle-level augmented block	kokutsu-dachi	back stance	
5	koshi-gamae	both fists on hip posture	heisoku-dachi	feet together stance	
6	hidari jodan yoko-mawashi uraken-uchi & hidari jodan yoko-geri-keage / migi chudan mae-empi-uchi	left upper sideways back-fist strike & left upper side snap kick / right middle-level front-elbow strike (against palm)	zenkutsu-dachi	front stance	
7	koshi-gamae	both fists on hip posture	heisoku-dachi	feet together stance	
8	migi jodan yoko-mawashi uraken-uchi & migi jodan yoko-geri-keage / hidari chudan-mae-empi-uchi	right upper sideways back-fist strike & right upper side snap kick / left middle level-front-elbow strike (against palm)	zenkutsu-dachi	front stance	
9	hidari shuto gedan-barai	left shuto downward block	zenkutsu-dachi	front stance	
10	migi jodan shuto-uke / gyaku-hanmi	right upper knife-hand block / 45deg hip twist	zenkutsu-dachi	front stance	
11	migi jodan mae-geri-keage / hidari chudan osea-uke / migi chudan uraken-tate-uchi	right upper front snap kick / left middle-level pressing block / right middle-level vertical round back-fist strike	kosa-dachi	crossing stance	KIAI
12	hidari chudan kakiwake-uke	left middle-level both fists wedge block	kokutsu-dachi	back stance	slow
13	migi jodan mae-geri-keage / migi chudan oi-zuki / hidari chudan gyaku-zuki	right upper front snap kick / right middle-level stepping punch / left middle-level reverse punch	zenkutsu-dachi	front stance	
14	migi chudan kakiwake-uke	right middle-level both fists wedge block	kokutsu-dachi	back stance	slow
15	hidari chudan mae-geri-keage / hidari chudan mae-geri-keage / hidari chudan oi-zuki	left middle-level front snap kick / left middle-level front snap kick / left middle-level stepping punch	zenkutsu-dachi	front stance	
16	hidari chudan morote-uchi-uke	left middle-level augmented inside block	kokutsu-dachi	back stance	
17	migi chudan morote-uchi-uke	right middle-level augmented inside block	kokutsu-dachi	back stance	
18	hidari chudan morote-uchi-uke	left middle-level augmented inside block	kokutsu-dachi	back stance	
19	morote kubi-osae	two-handed hold to head	zenkutsu-dachi	front stance	
20	migi hiza-geri / hidari chudan shuto-uke	right (pull down) knee strike / left middle-level knife-hand block	kokutsu-dachi	back stance	KIAI
21	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
Yame					

Stances:

