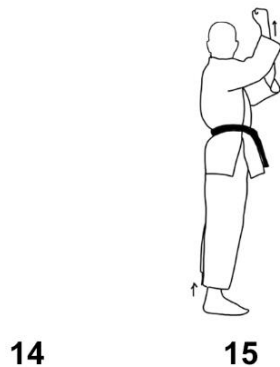


# Heian Godan

(Peaceful Mind - Level 5)

17-21 1  
7  
16  
8, 12  
10, 13, 14, 15  
Embusen



Diagrams by M.Loftus

# Heian Godan 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    | migi chudan gyaku-zuki   | right middle-level reverse punch   | kokutsu-dachi  | back stance          |         |
| 3    | hidari chudan kagi-gamae (mizu-nagare no kamae)                              | left fist to hip & hook punch (water flowing posture)  | heisoku-dachi  | feet together stance | slow    |
| 4    | migi chudan uchi-uke   | right middle-level inside block  | kokutsu-dachi  | back stance          |         |
| 5    | hidari chudan gyaku-zuki   | left middle-level reverse punch  | kokutsu-dachi  | back stance          |         |
| 6    | migi chudan kagi-gamae (mizu-nagare no kamae)                                | right fist to hip & hook punch (water flowing posture)   | heisoku-dachi  | feet together stance | slow    |
| 7    | migi chudan-morote-uke   | right middle-level-augmented block   | kokutsu-dachi  | back stance          |         |
| 8    | hidari gedan juji-uke  | left lower both fists cross block (X-block)  | zenkutsu-dachi | front stance         |         |
| 9    | hidari jodan haishu juji-uke   | left upper back-hand both fists cross block (X-block)  | zenkutsu-dachi | front stance         |         |
| 10   | hidari chudan osae-uke / hidari ken chudan-zuki / migi chudan oi-zuki        | left middle-level pressing block / left middle-level punch / right middle-level stepping punch   | zenkutsu-dachi | front stance         | KIAI    |
| 11   | migi yoko-fumikomi / migi sokumen gedan-barai                                | right stamping kick / right side downward block  | kiba-dachi     | horse-riding stance  |         |
| 12   | hidari chudan haishu-uke   | left middle-level back-hand-block  | kiba-dachi     | horse-riding stance  | slow    |
| 13   | migi chudan mikazuki-geri / migi chudan mae-empi-uchi                        | right middle-level crescent kick / right middle-level front-elbow strike (against palm)          | kiba-dachi     | horse-riding stance  |         |
| 14   | migi chudan morote-uke   | right middle-level augmented block   | kosa-dachi     | crossing stance      |         |
| 15   | koho-zuki-age  | rising punch to rear   | renoji-dachi   | L-stance             |         |
| 16   | suichoku janpu & kaho juji-uke / migi chudan morote-uke                      | vertical jump & land with downward X-block / right middle-level augmented block                  | zenkutsu-dachi | front stance         | KIAI    |
| 17   | hidari nagashi-uke / migi gedan nukite                                       | left sweeping block / right lower spear-hand strike  | zenkutsu-dachi | front stance         |         |
| 18   | manji-uke (hidari gedan-barai / migi jodan uchi-uke)                         | swirling posture (left downward block / right upper inside block)                                | kokutsu-dachi  | back stance          |         |
| 19   | manji-gamae (hidari gedan-barai / migi jodan uchi-uke)                       | swirling posture (left downward block / right upper inside block)                                | heisoku-dachi  | feet together stance | slow    |
| 20   | manji-gamae (migi gedan-barai / hidari jodan uchi-uke) / hidari gedan nukite | swirling posture (right downward block / left upper inside block) / left lower spear-hand strike | zenkutsu-dachi | front stance         |         |
| 21   | manji-uke (migi gedan-barai / hidari jodan uchi-uke)                         | right downward block / left upper inside block   | kokutsu-dachi  | back stance          |         |
| Yame |  |  | hachiji-dachi  | natural stance       |         |

Stances:

