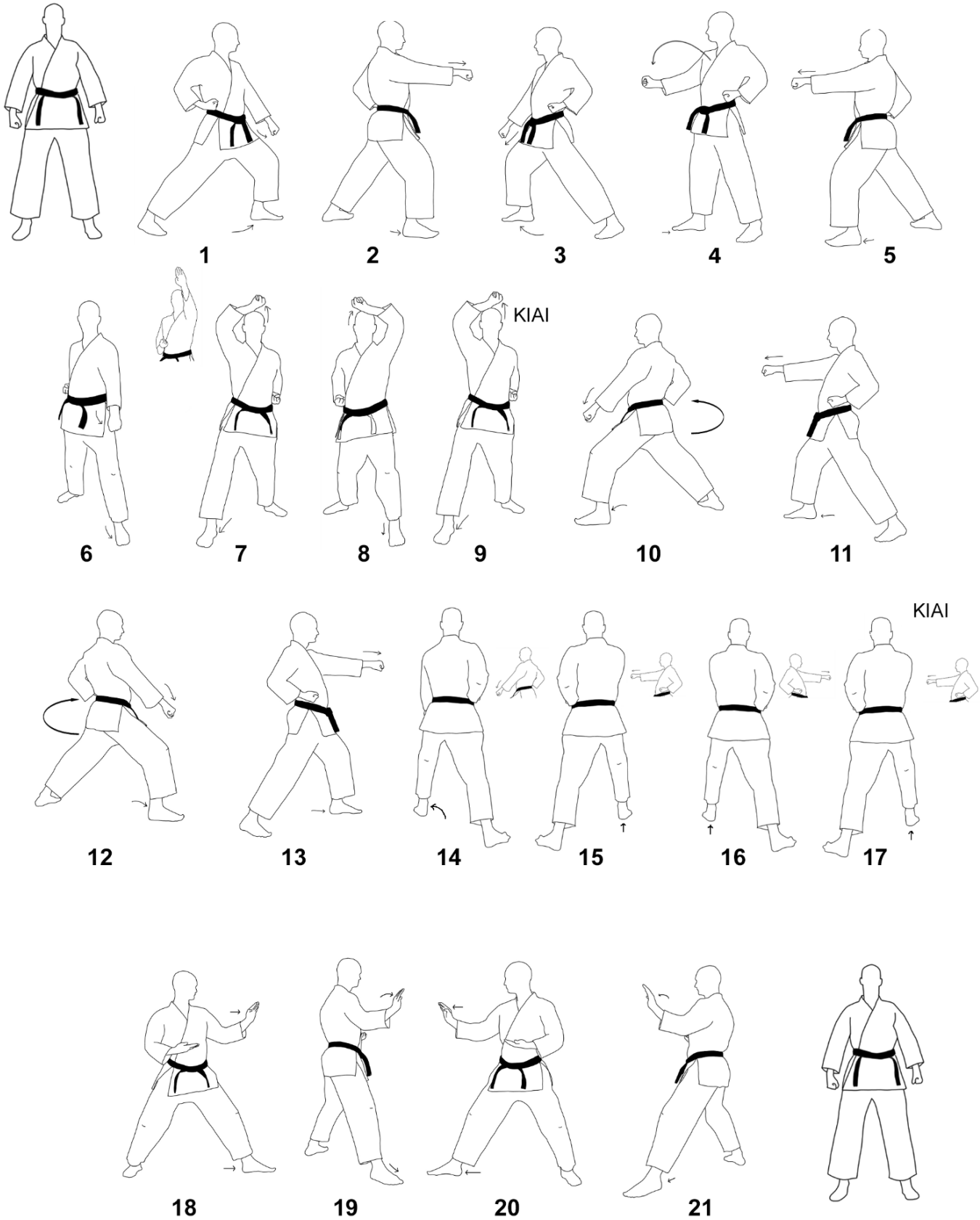
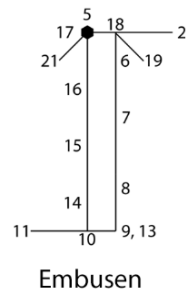


Heian Shodan

(Peaceful Mind - Level 1)



Heian Shodan Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
2	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
3	hidari gedan-barai	right downward block	zenkutsu-dachi	front stance	
4	migi tate-mawashi tettui-uchi	right vertical downward inside hammer-fist strike	renoji-dachi	L-stance	
5	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
6	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
7	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	
8	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
9	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	KIAI
10	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
11	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
12	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
13	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
14	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
15	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
16	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
17	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
18	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
19	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
20	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
21	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
Yame			hachiji-dachi	natural stance	

Stances:

