




















## Heian Nidan

1. Head snaps to look 90° Left. Step out 90° Left with the Left foot and execute L tetsui uchi jodan (hammer fist)/R age uke (kokutsu-dachi)
  -  *Fist hands retract to R hip and stacked vertically w/R on top. R age uke is block but is horizontal. L forearm is vertical. 1 fist's distance between fists and R arm to head. Forearms are at a right angle to each other w/the top of L in line with top of R, forming a rectangle.*
2. L heiwan barai (forearm parry)/R shita tsuki jodan (inverted punch)
  -  *R pulls back then strikes under L to chin.*
  - ii. L tetsui uchi chudan (same as gedan barai)
    -  *Tetsui chudan is to liver.*
3. Look, then turn R 180° in place, R tetsui uchi jodan/L age uke (kokutsu-dachi)
  -  *Fist hands retract to L hip and stacked vertically w/L on top as turning.*
4. R heiwan barai/L shita tsuki jodan
  - i. R tetsui uchi chudan
    -  *Tetsui chudan is to spleen.*
5. Step up with the back foot, L, R45° to Musubi-dachi (like attention stance with heels together but toes apart at 45°) R yoko geri keage chudan (side snap kick)/R uraken uchi jodan (backfist strike)-**kiai**
  -  *Fist hands retracted to L hip and stacked palm-to-palm w/R on top.*
  - ii. While standing on you L leg, turn in place 180° and drop the R foot back/down to kokutsu-dachi with L shuto uke (kokutsu-dachi)
    -  *Retracted R is empi uchi chudan (elbow strike) to rear, whole side/back will strike attacker.*
6. Step forward, R shuto uke (kokutsu-dachi)
7. Step forward, L shuto uke (kokutsu-dachi)
8. Step forward, R morote nukite uchi chudan (supported spear-hand strike; zenkutsu-dachi)-**kiai**
  -  *L is osae uke (pressing block) of their chudan tsuki.*
9. Look 90° to R, then turn L 270° with L foot, L shuto uke (kokutsu-dachi)
  -  *L points to the inner 45° (R) before stepping into next shuto uchi*
10. Step forward to inner 45°, R shuto uchi (kokutsu-dachi)
11. Look, then turn R 135°, with R foot, R shuto uke (kokutsu-dachi)
  -  *R points to the inner 45° (L) before stepping into next shuto uchi*
12. Step forward to inner 45°, L shuto uchi (kokutsu-dachi)
13. Turn L 45° in place, L heiwan uke, R osae uke gedan (neko ashi-dachi)
  -  *Intermediate step: pull the L foot back to neko ashi-dachi while swinging new blocks to the rear 45°, then turn L 45°. L heiwan at neck level; R osae uke palm out in front of groin.*
14. R gyaku uchi uke (reverse side uchi uke; modified zenkutsu-dachi)
  -  *R foot moves back to R modified zenkutsu dachi with thighs together so as to block a kick to the groin.*
  - ii. R release, tori (grab)
    -  *Grabbing gi for hold on following geri kekomi.*
15. Step forward, R mae geri kekomi chudan (front thrust kick), L gyaku tsuki chudan (reverse tsuki; zenkutsu-dachi)
  - i. R jodan osae barai (pressing parry) to inside of left bicep
16. L gyaku uchi uke (modified zenkutsu-dachi)
  -  *L foot pulls up to L modified zenkutsu dachi with thighs together so as to block a kick to the groin.*

- ii. L release, tori (grab)
  -  *Grabbing gi for hold on following kekomi.*
- 17. Step forward, L mae geri kekomi chudan, R gyaku tsuki chudan (zenkutsu-dachi)
- 18. Step forward, R morote uke (supported uchi uke; kokutsu-dachi)-**kiai**
  -  *Intermediate step: step up turning L 90° into musubi-dachi with L rear morote heiwan uke (supported heiwan uke) but still looking to the front.*
- 19. Look 90° to R, then turn L 270° with L foot, L gedan barai (zenkutsu-dachi)
  - i. L shuto age uke up to inner 45°,R
    -  *Gi has been grabbed by their R: Torso turns to R45°, hip & lower body remain straight, L fist opens to shuto and passes close to body, stripping grab from gi.*
- 20. Step forward to inner 45°, R age uke (zenkutsu-dachi)
  -  *Pervious L age uke shuto hand turns towards face at initiation of move to show grab. This age uke is therefore a break.*
- 21. Look, then turn R 135°, with R foot, R gedan barai (zenkutsu-dachi)
  - i. R shuto age uke up to inner 45°,L
    -  *Gi has been grabbed by their L: Torso turns to L45°, hip & lower body remain straight, R fist opens to shuto and passes close to body, stripping grab from gi.*
- 22. Step forward to inner 45°, L age uke-**kiai**
- 23. Pull L foot back and turn 45° L, returning to Yoi
- 24. Rei
- 25. Yoi
- 26. Announce “Heian Nidan” in a decisive tone of voice.
- 27. Rei
- 28. Yoi

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