


From Heian Sandan forward, kata will be written in a more advanced form. The Sabakukan website list of techniques is useful if you are unsure of a technique.


Key:

Information is arranged into four segments: movement direction, tachi waza, technique(s), and notes (intermediate steps, clarifications, bunkai, etc).

Examples:

Direction (tachi waza) technique(s)

 notes.

1. From Taikyoku shodan
L90° (R zenkutsu dachi) L gedan barai
2. From Heian Shodan
L 90° (R zenkutsu dachi) L gedan barai
L up to shuto age uke
 *Gi lapel has been grabbed by their R: L fist opens to shuto and passes close to body, stripping grab from gi.*

Abbreviations:

General:

R = right, L = left

Directional section:

I = in place, F = forward, B = back

Tachi waza:

Stances are designated by the rear foot, e.g.: Right zenkutsu dachi is with the Right foot in the back.

Z = zenkutsu dachi, Ko = kokutsu dachi, Ki = kiba dachi, NA = neko ashi dachi, Mu = musubi dachi, Ka = kage dachi, Re = renoji dachi, Sa = sanchin dachi, So = sochin dachi, Ha = hangetsu dachi, TA = tsuri ashi dachi, SA = sagi ashi dachi, Si = shiko dachi, Fu = fudo dachi, l = an 'l' denotes low or lunge tachi waza, k = an 'k' denotes a kozuri tachi waza

Techniques:

(RS) = technique to R side of body, (LS) = technique to L side of body -- these abbreviations are most often used with kiba dachi.

Techniques separated by a / are performed at the same time, while those separated by a comma are performed sequentially.

Heian Sandan

1. L90° (R kokutsu dachi) L uchi uke
2. F (low musubi dachi) L gedan barai/R uchi uke, L uchi uke /R gedan barai
 - ☞ *R arm is laid over L. After uke, fists are brought back to chest with L on top then out to uke.*
3. BR180° (L kokutsu dachi) R uchi uke
4. F (low musubi dachi) R gedan barai/L uchi uke, R uchi uke /L gedan barai
5. L90° (R kokutsu dachi) L morote uke (w/ rear heiwan)
6. (L zenkutsu dachi) R morote nukite uchi chudan-**kiai**
 - ☞ *L is osae uke parry of their chudan tsuki.*
7. L270° (kiba dachi) L tettsui jodan (LS)
 - ☞ *Previous shuto uchi was grabbed: R shuto remains in place and wraps around back during rotation. Tettsui is to temple.*
8. FL90° (L zenkutsu dachi) R chudan tsuki-**kiai**
9. FL180° (musubi dachi) fists on hips, elbows out to sides
 - ☞ *From R chudan tsuki: L has come over and seized attacker's L short hairs / ear, step up and turn to 180° musubi dachi pulling L to L hip: throwing attacker using R arm as fulcrum.*
10. L90° (kiba dachi) R soto mikazuki geri chudan, R shita tsuki jodan (RS)
 - ☞ *Mikazuki geri is an uke. R funakomi (foot stomp) as coming down into kiba dachi not shown. Also not shown would be R arm/shoulder breaking forward slightly as parry going into R shita tsuki (that pulls to L hip, L shoulder, then quickly over/behind head). Shita tsuki could be uraken uchi to bridge of nose.*
11. FR180° (kiba dachi) L soto mikazuki geri chudan, L shita tsuki jodan (LS)
12. FL180° (kiba dachi) R soto mikazuki geri chudan, R shita tsuki jodan (RS)
 - i. R tora kuchi barai (RS)
 - ☞ *Tora kuchi barai opens to R side at shoulder level.*
13. R90° (R zenkutsu dachi) L chudan tsuki-**kiai**
14. L180° (kiba dachi) R empi uchi jodan/L empi uchi to rear chudan
 - ☞ *R foot comes up to L at kiba dachi width then BR180° kiba dachi. R fist is by L ear "as if listening to your watch tick" but vision not obscured.*
15. R (kiba dachi) L empi uchi jodan/R empi uchi to rear chudan-**kiai**
 - ☞ *Shuffle - step to R.*