

## Heian Yondan

1. L90° (R kokutsu dachi) L heiwan uke/R shuto age uke  
*☞ Shuto hands retract to R hip stacked vertically w/R on top. 1 fist's distance between R arm & head. Forearms are at a right angle to each other w/the top of L in line with top of R. Ki at palm side of hands. 3 seconds.*
2. IR180° (L kokutsu dachi) R heiwan uke/L shuto age uke  
*☞ 2 seconds.*
3. L90° (R low zenkutsu dachi) R juji uke gedan  
*☞ Drop fists to R hip, stacked vertically w/R on top, then step out w/L foot.*
4. (L kokutsu dachi) R morote uke (w/ rear heiwan)-**kiai**
5. L90° (R zenkutsu dachi) L yoko geri keage chudan/L uraken barai, R gyaku empi uchi chudan  
*☞ F L45° to R prop dachi. Fist hands retracted to R hip and palm-to-palm w/L on top. L uraken barai to inside of their R chudan tsuki. Step down w/L to half-facing kiba dachi then rotate L45° to zenkutsu dachi w/R gyaku empi uchi. R empi uchi strikes L shuto that has come in to a right angle at elbow. This strike is to the attacker's chest. Uraken hand slips behind their shoulder/back to hold them in position for following empi uchi.*
6. R180° (L zenkutsu dachi) R yoko geri keage chudan/R uraken barai, L gyaku empi uchi chudan  
*☞ Step forward and turn to L prop dachi.*
7. L shuto gedan barai/R shuto age uke  
*☞ L shuto gedan barai is to back of L knee w/palm down.*
8. IL135° (R zenkutsu dachi) L shuto age uke/R gyaku yokomen uchi jodan  
*☞ L foot slides over and hips snap to rear L 45°.*
9. R mae geri keage jodan  
*☞ Previous shutos stay in place. R keage to under chin (left of R shuto).*
10. R90° (L kagae dachi) R mune otoshi-**kiai**  
*☞ Turn R90° and long crow hop down in to kagae dachi. Mune otoshi from R hip to sternum.*
11. L270° (R kokutsu dachi) kakiwake uke  
*☞ Shuto hands retract to R hip and stacked w/R on top. Then over to R jodan shuto juji uke, with turn to R kokutsu dachi, then tighten to fists as pulled down into kakiwake uke (shime waza).*
  - ii. (L zenkutsu dachi) R mae geri kekomi chudan, R, L nidan tsuki
12. R90° (L kokutsu dachi) kakiwake uke  
*☞ Shuto hands from L hip over to ~ jodan level.*
  - ii. (R zenkutsu dachi) L mae geri kekomi chudan, L, R nidan tsuki
13. L45° (R kokutsu dachi) L morote uke (w/ rear heiwan)  
*☞ BL45° R neko ashi dachi w/rear morote heiwan, then slide L foot out to R kokutsu dachi w/morote uke.*
14. (L kokutsu dachi) R morote uke (w/ rear heiwan)
15. (R kokutsu dachi) L morote uke (w/ rear heiwan)
16. Double teisho uchi jodan, R hiza uchi jodan-**kiai**  
*☞ Retract fists to hips as turning back into kiba dachi then trust out (shifting to R modified zenkutsu dachi) as shuto to strike sides of face with heels of palms. Grab ears/hair and pull down to rear 45°s striking face on rising R hiza uchi, fists open and slap knee on descent then end in shuto uchi.*
  - ii. BL180° (R kokutsu dachi) L shuto uke  
*☞ L foot stays in place: R drops back to kokutsu dachi. Retracted R is empi uchi chudan to rear, whole side/back will strike attacker.*
17. (L kokutsu dachi) R shuto uchi-**kiai**