

## Heian Godan

1. L90° (R kokutsu dachi) L descending uchi uke
2. I (R kozuri kokutsu dachi) R gyaku kagae tsuki chudan
  - ☞ *R knee breaks forwards to R modified kokutsu dachi. R tsuki stops at plane of L fist.*
3. FR90° (musubi dachi) fistful urn pour
  - ☞ *Slowly: FR90° musubi dachi rotate/invert fists to R of body maintaining ~ volleyball's diameter distance between them, as if ceremonially pouring out an urn.*
4. R90° (L kokutsu dachi) R descending uchi uke
5. I (L kozuri kokutsu dachi) L gyaku kagae tsuki chudan
6. FL90° (musubi dachi) fistful urn pour
7. (L kokutsu dachi) R morote uke (w/ rear heiwan)
8. (R low zenkutsu dachi) R juji uke gedan
  - ☞ *Drop fists to R hip, stacked vertically w/R on top during step.*
  - ii. R shuto juji uke jodan, capture, L tetsui uchi jodan
    - ☞ *Pull fists back to hips before juji uke. Shuto hands rotate at wrists, L to top, and retract to R hip, thus grabbing and capturing attacker's jodan tsuki. R hand holds his hand at R hip as L tetsui to temple.*
  - iii. (L zenkutsu dachi) R chudan tsuki-**kiai**
9. L270° (kiba dachi) R soto mikazuki geri chudan, R gedan oroshi tsuki (RS)
  - ☞ *R chudan tsuki has been grabbed: R fist rotates up to tate as turning 180° in place and leaning forward looking back towards grabbed wrist. Mikazuki is uke. R fists pull out of hold and up to head level then strikes gedan as dropping into kiba dachi.*
10. L shuto barai chudan (LS)
  - ☞ *Making target for following mikazuki geri and empi uchi. Barai is to inside of attacker's R tsuki arm, shuto then slips behind their shoulder/back to hold them in position for following mikazuki geri & empi uchi.*
  - ii. LF180° (kiba dachi) R soto mikazuki geri chudan, R empi uchi chudan
    - ☞ *Mikazuki is high chudan to knock attacker's breath out, then empi follows to same location as dropping into kiba dachi.*
11. FR90° (L kagae dachi) R morote mune otoshi jodan-**kiai**
  - ☞ *This is a choke or throw.*
12. IL180° (R neko ashi dachi) L tenchi uke
  - ☞ *R fist moves directly up from previous move to rear heiwan uke.*
13. (L low kagae dachi) R tobi juji uchi gedan-**kiai**
  - ☞ *Jump is 4' vertical, 6' forward, & 2' to left. Jumping bo sweep; pull feet up high under rear. Fists pull back to hips during jump then strike (brake) attacker's knee on landing in low kagae dachi.*
14. (L kokutsu dachi) R morote uke (w/ rear heiwan)
15. I (L zenkutsu dachi) L shuto gedan barai/R shuto age uke
  - ☞ *R foot moves out to R. L shuto barai is to back of L knee w/palm down.*
16. IL180° (R low zenkutsu dachi) L shuto jodan barai/R teisho uchi gedan
  - ☞ *L foot slides over for turn. R gedan uchi is to groin. Two middle, then outer two fingers grip and quickly retract to following R rear heiwan uke.*
  - ii. BR90° (musubi dachi) L tenchi uke
  - iii. IL180° (R kagae dachi) R tenchi uke
    - ☞ *High kagae dachi.*
17. R90° (L low zenkutsu dachi) R shuto jodan barai/L teisho uchi gedan-**kiai**
  - i. I (L kokutsu dachi) R tenchi uke