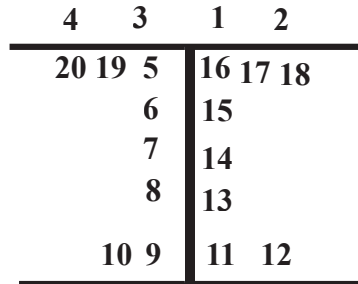




Heian Shodan

This summary is meant to be a reminder. If you have any questions, please do not hesitate to ask Sensei, Sempai, or their assistants. “Karate-Do Kyohan” by Funakoshi is an excellent reference book for kata. Heian Shodan translates from Japanese as “Peaceful Mind #1.” Heian Shodan is very similar to the first kata, Taikyoku Shodan, except that it also uses three rising blocks and back stance/shuto at the end. The foot pattern traces a capital letter I. The approximate position of the step #s are shown along the below diagram.



Ready Position (Yoi): First the student bows with feet together and hands at the sides. Then, with hands in fists, the student crosses the hands in front of their body, and smoothly uncrosses them so that the hands and arms are relaxed about shoulder width apart in front of the body, simultaneously stepping the feet about shoulder width apart, knees slightly bent. Announce your kata (i.e. say “Heian Shodan”). When the instructor says “Hajime” (Begin):

- 1) Look to the left, down block with left hand, simultaneously sliding the left foot into left front stance.
- 2) Step forward with the right foot and straight punch with right hand.
- 3) Turn 180 degrees: Slide the right foot way behind you, chamber your arms, turn 180 degrees to right front stance, down block with right hand. Then immediately pull back the front foot slightly and do a hammer fist with right hand.
- 4) Step forward with the left foot into left front stance, and perform a straight punch with the left hand.
- 5) Turn 90 degrees to the left, towards the front of the room, into front stance, and perform a down block with left hand. Open the hand, and bring it close into the body, scooping it up into the rising block position.
- 6) Step forward with the right foot and perform a rising block with the right hand.
- 7) Step forward with the left foot and perform a rising block with the left hand.
- 8) Step forward with the right foot and perform a rising block with the right hand (Kiai!).
- 9) 270 degree turn: Slide your left foot back to your body and then back so that it ends stretched out behind you. You will look momentarily like you are doing a curtsy. Chamber your arms, and turn TO THE LEFT (counter clockwise) into left front stance and perform a down block with the left hand.
- 10) Step forward with the right foot and straight punch with right hand.
- 11) Turn 180 degrees: Slide the right foot way behind you, chamber your arms, turn 180 degrees to right front stance, down block with right hand.
- 12) Step forward with the left foot into front stance, and perform a straight punch with the left hand.
- 13) Turn 90 degrees to the left, towards the back of the room, and perform a downblock with left hand.
- 14) Step forward with the right foot and perform a straight punch with the right hand.
- 15) Step forward with the left foot and perform a straight punch with the left hand.
- 16) Step forward with the right foot and perform a straight punch with the right hand (Kiai!).
- 17) 270 degree turn: Slide your left foot back to your body and then back so that it ends stretched out behind you. You will look momentarily like you are doing a curtsy. Chamber your arms, and turn TO THE LEFT (counter clockwise) into back stance (left leg forward) and perform a shuto with the left hand. Right hand is palm up at the solar plexus, parallel to floor.
- 18) Look towards the left corner of the room, and step towards it with the right foot into back stance, and perform a shuto with the right hand.
- 19) Turn almost 180 degrees: Slide the right foot next to left, then slide it out towards the right, chamber your arms, turn into back stance with right foot forward, shuto with right hand.
- 20) Look towards the right front corner, and step towards it with the left foot into back stance (left foot in front), and perform a shuto with the left hand. Right hand resting palm up at the solar plexus.

When the instructor says “Yoi”, with knees slightly bent, retract your left leg, and return to the Ready Position facing the front of the room. Bow.