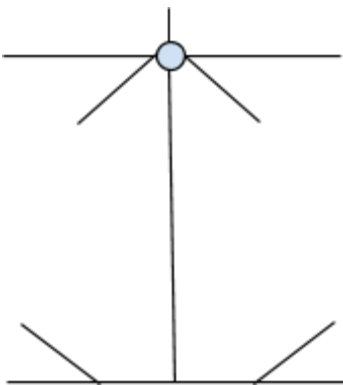


## Heian Nidan

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1. Normal stance, right foot into point stance, bow, right foot out to normal stance.
2. Look left, look front
3. Jump 90 degrees into left back stance with arms in right-side oval set position
4. Snap into left front stance, swinging arms in oval position into over-head block
5. Left inside block to right inside block over left
6. grab with right and pull right, left horizontal hammer blow
7. Jump 180 degrees into right back stance with arms in left-side oval set position
8. Snap into right front stance, swinging arms in oval position into over-head block
9. Right inside block to left inside block over right
10. grab with left and pull left, right horizontal hammer blow
11. Draw right foot back to point stance, left side hidden weapon
12. Right leg up to iron block
13. Right side side kick with right horizontal back fist, draw back to right leg up iron block



14. Spin 180 degrees on left leg to left knife-hand back stance
15. Step forward slowly to right knife-hand back stance
16. Step forward slowly to left knife-hand back stance
17. Draw to right-side knife-hand hidden weapon
18. Step forward hard to right spear-hand strike, reinforced under elbow, yell kiai
19. Turn left 270 degrees in left front stance, left knife-hand outside block

20. Step right 45 degrees into right front stance, right knife-hand outside block
21. Turn right 135 degrees into right front stance, right knife hand outside block
22. Turn left 45 degrees into left front stance, left knife hand outside block
23. Turn left 45 degrees to left front stance, right (reverse) outside block
24. Right straight kick to right front stance to left snap punch to counter-clockwise break
25. Left straight kick to right reverse punch
26. Step forward to right front stance and right back fist, yell kiai
27. Spin on right leg left 270 degrees to left front stance, left down block
28. Turn right 45 degrees into horse stance, right knife-hand side hidden weapon
29. Left upper knife-hand block
30. Step forward hard to right low front stance, right knife-hand upper block
31. Turn 135 degrees right to right front stance, right down block
32. Turn left 45 degrees into horse stance, left side knife-hand hidden weapon
33. Right upper knife-hand block
34. Step forward hard to left low front stance, left knife-hand upper block, yell kiai
35. Step back to normal stance, right foot into point stance, bow, step right to normal stance

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