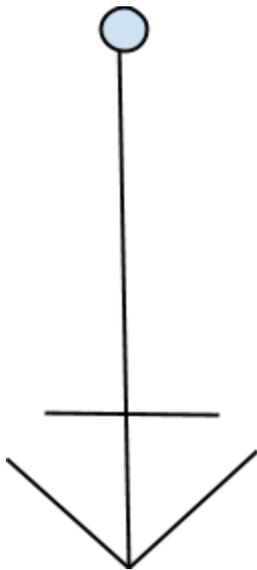


Heian Yondan

1. Normal stance, right foot into point stance, bow, right foot out to normal stance.
2. Look left, look front
3. Spine into left back stance, knife-hand oval block low
4. Swing knife-hand oval block high into left front stance
5. Spin right into left back stance, knife-hand oval block low
6. Knife-hand oval block high into left front stance
7. Turn left into right cat stance, step forward into left lower cross block
8. Step to right forward stance, right reinforced outside block reinforced



9. Point stance, right-side hidden weapon, look left
10. Left snap side kick with left back-fist, land right-facing horse stance
11. Right elbow strike to left hand, left front stance
12. Point stance, left-side hidden weapon, look right
13. Right snap side kick with right back-fist, land left-facing horse stance
14. Left elbow strike to right hand, right front stance
15. Look left, draw left leg back to point stance, right hand to upper knife-hand block (palm up), right hand to middle knife-hand block (palm down)
16. Step left to left front stance, left hand upper knife-hand block, right hand knife-hand middle strike (palm up)
17. Right lapel grab, pull into right straight kick, land in right back stance
18. From left upper block to left reverse mid-level palm blow

19. Step forward hard to right cat stance and right back-fist, yell kiai
20. Spin left 225 degrees to left front stance, forearms rising to crossed in front
21. Pry apart the lapel grab, right straight kick, to right front stance, to right snap punch
22. Quick left reverse punch to right snap punch
23. Draw right foot back to cat stance, hands drawn to sides
24. Spin right 45 degrees, step forward to right front stance, forearms rising to crossed in front
25. Pry apart the lapel grab, left straight kick, to left front stance, to left snap punch
26. Quick right reverse punch to left snap punch
27. Step left 45 degrees to left front stance, left outside block reinforced
28. Step forward to right front stance, right outside block reinforced
29. Step forward to left front stance, left outside block reinforced
30. Grab head, pull down into right knee strike, yell kiai
31. Spin left 180 degrees into left knife-hand back stance
32. Step forward hard into right knife-hand strike into low right front stance, yell kiai
33. Draw back into normal stance, right leg into point stance, bow, step right to normal stance

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