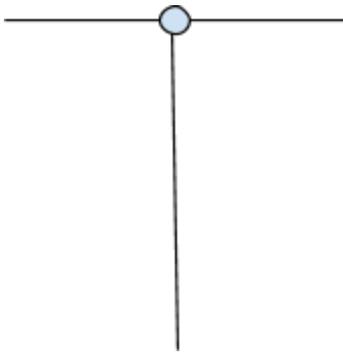


Heian Godan

1. Normal stance, draw right foot into point stance, bow, right foot out to normal stance.
2. Look left, look front
3. Turn left to left back stance, left outside block
4. Right reverse punch, left front stance



5. Draw right leg to point stance, left arm to front middle set ("flowing water") facing forward, look right
6. Turn right to right back stance, right outside block
7. Left reverse punch, right front stance
8. Draw left leg to point stance, right arm to front middle set ("flowing water") facing forward, look forward
9. Step forward to right front stance, right outside block reinforced
10. Step forward to left front stance, lower cross block fists
11. Rise to upper cross block knife-hands
12. Rotate wrists (clockwise) pulling down to mid-level pressing block (upper palm down, lower palm up)
13. Left knife-hand snap strike, step forward hard to right straight punch, yell kiai
14. Spin left 180 degrees rising right fist to overhead ready position
15. Right leg crescent kick to foot stomp, right down block, into horse-stance
16. Face 180 degrees left, into left knife-hand outside block
17. Right crescent kick to left palm, land left-facing horse-stance with right elbow strike into left palm
18. Step left leg into right cat stance, strike right with right back fist reinforced, yell kiai

19. Turn 90 degrees left, look left, step out left foot to normal stance, raise right hand to upward ready fist reinforced
20. Jump, spinning 180 degrees, land legs crossed into lower cross block
21. Turn right 90 degrees, right front stance, right outside block reinforced
22. Turn left 180 degrees to tekki stance
23. Grab to front, turn right to right front stance, swinging hands down to parallel to floor
24. Draw left leg back to point stance
25. Step right leg forward to tekki stance
26. Grab to front, turn left to left front stance, swinging hands down to parallel to floor
27. Draw right leg back to normal stance
28. Bow

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