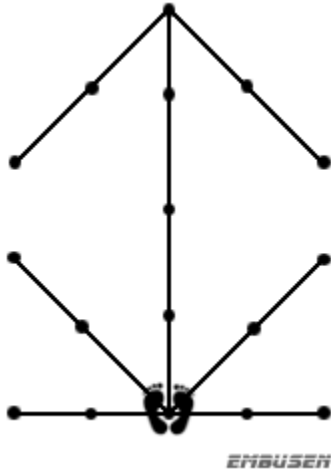


Kata, Heian Nidan



Heian Nidan (Heian No.2)

Another kata from the series of Heian. The techniques in this kata are the upper block (Age-uke) against head attack and the sword hand block (Shuto gedan harai uke) against lower body attack. Really this is the first kata to be learned. It is important for training in foot movements and following the performance line. In particular, the aim is the mastery of the front stance (Zenkutsu-dachi or Moto-dachi) and Shiko-dachi, while getting well acquainted with the essentials of the Lunge-punch.

The number of movements is twenty-one-, and the time required is about thirty-five seconds. This kata is practiced in the fifth kyu level.