

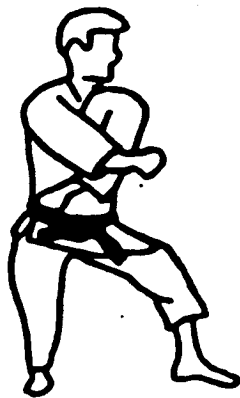
KATA

HEIAN 5

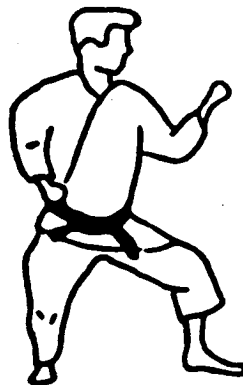




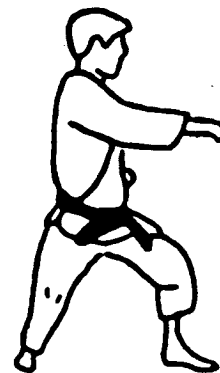
1.



2.



3.



4.

1. KAMAЕ. Ready position in open-leg stance.
2. Move left leg to the left in back stance, crossing left arm under right.
3. Execute left middle level outside forearm block.
4. Without changing position, execute right reverse punch to stomach, in back stance.



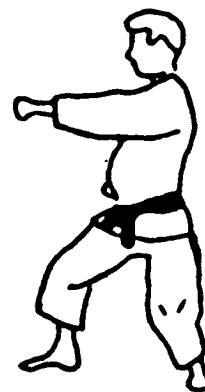
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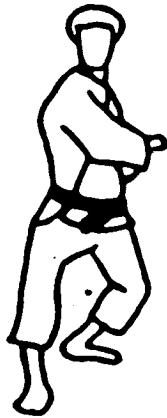


8.

5. Slowly draw the right foot toward the left, swinging the head, arms, hips and feet in unison. Right hand rests on hip, and left arm is in guard position in front of the solar plexus.
6. Step to the right in right back stance, arms crossed, right under left.
7. Execute right middle level outside forearm block in back stance.
8. Without changing position, execute left reverse punch to stomach, in back stance.



9.



10.

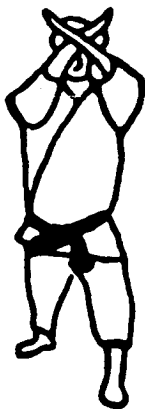


11.



12.

9. Draw the left foot slowly toward the right, with the same timing emphasized in technique 5. Final position is with feet together, looking straight ahead, left fist on hip, right forearm in guard position in front of solar plexus.
10. Step forward into back stance, left hip bearing most of the body weight, and swing the arms to the rear, near the left hip.
11. Execute right middle level augmented forearm block in right back stance.
12. Step forward with left leg into left forward stance, and execute downward X-block.



13.



14.



15.



16.

13. Without changing position, open hands and perform upward X-block.
14. Without changing position, twist both hands to a wrist-to-wrist-position, as if grasping the opponent's hand.
15. Without changing position, execute two hand pressing block, left palm over right fist at the right hip.
16. Without changing position, execute a short straight punch with the left hand, to the stomach.



17.



18.

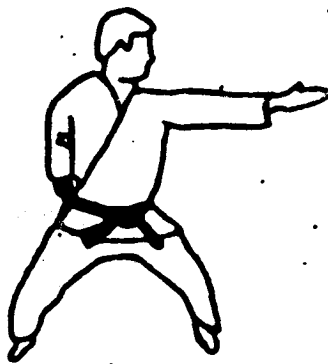


19.

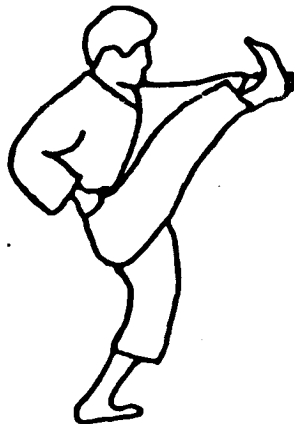


19 A.

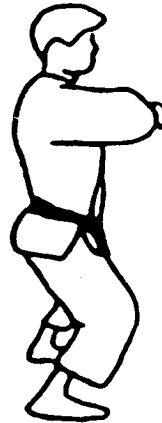
- 17. Without pause, step forward and execute right lunge punch to stomach in right forward stance.
- 18. Keeping left foot in place, pivot 180 degrees to the right, swinging the right arm and right leg in as wide and high an arc as possible.
- 19. Step down forcefully into straddle-leg stance, and execute right downward block to the rear.
- 19A. Side View of technique 19.



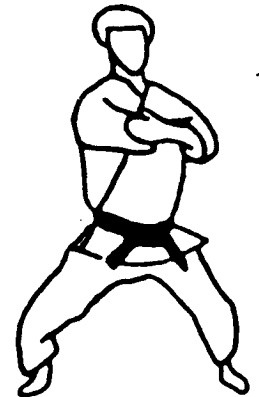
20.



21.



22.



22 A.

- 20. Side View. Slowly execute left middle level back-hand block, the eyes following the movement of the hand.
- 21. Side View. Execute right crescent kick against left palm.
- 22. Front View. Step down into straddle-leg stance, facing the opposite direction, and execute right middle level elbow strike against left palm.
- 22 A. Side View of Technique 22.



23.



23 A.



24.



24 A.

23. Turning the head to the right to face front, slide the left foot up behind the right, simultaneously executing right middle level augmented forearm block.

23A. Side View of Technique 23.

24. Keeping right foot in place, slide the left foot to the rear and assume L-stance, simultaneously executing right upward augmented rising punch.

24A. Side View of Technique 24.



25.



26.



26 A.



27.

25. Jump to the rear, turning the body 180 degrees, and tucking the knees up under the body as far as possible. The distance covered should be the length of one forward stance.

26. Land on the right foot and the ball of the left foot, with the knees bent and the back straight. Simultaneously execute a downward X-block, hands closed.

26A. Side view of Technique 26.

27. Step to the rear into straight line forward stance with right leg, and execute right middle level augmented forearm block.



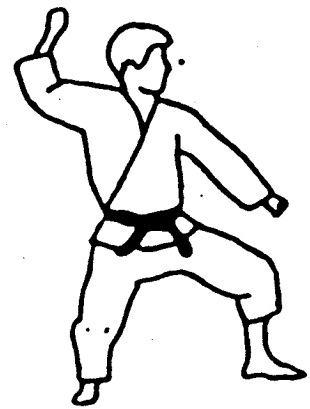
28.



29.



30.



30 A.

8. Without shifting the feet, sway the body to the rear and open the arms wide. The position is preparatory to blocking a punch to the face.
9. Shift the weight into left straight line forward stance, simultaneously executing sweeping block with left hand and striking the groin area with right finger tip thrust. The left hand edge rests on the right shoulder.
0. Shift the weight to back stance and execute right upper level inside forearm block and left downward block.
- 0A. Side View of Technique 30.



31.



32.

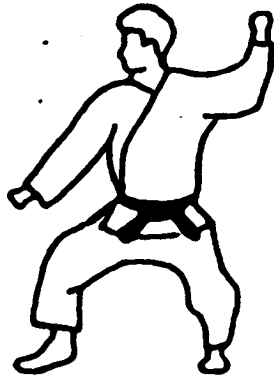


33.



34.

31. Without changing the position of the arms, slowly draw the left foot up to the right.
32. Without pause, pivot to the left and step into right straight line forward stance, ready to block and strike.
33. Execute sweeping block with right hand and strike the groin area with left finger tip thrust. The right hand edge rests on the left shoulder.
34. Shift the weight to back stance and execute left upper level inside forearm block and right downward block.



34 A.



35.

34A. Side View of Technique 34.

35. TOME. Finish. Draw the right foot back even with left and assume open-leg stance.